

JINDRAH IMAGES

DAILY | JAMMU | VOL. NO. 10 | ISSUE NO. 14 | PAGES: 12 | PRICE: Rs 2/- | RNI NO. JKENG/2013/49471 | POSTAL REGD. NO. JK-497/22-24 | dailyjindrahimages.com/Epaper.php | jindrahimages23@gmail.com



Lt Governor releases PM Modi's inspiring book 'Exam Warriors' at Jammu



**J NEWS DESK
JAMMU**

Lieutenant Governor Manoj Sinha Monday released the Prime Minister Narendra Modi's inspiring book 'Exam Warriors' in Hindi, Urdu and English at Jammu.

Interestingly, in this path-breaking, bestselling book 'Exam Warriors', the Prime Minister has outlined a refreshing approach to exams urging everyone to celebrate the exam like a festival with enthusiasm and gaiety.

Interacting virtually with students and teachers from across the districts, the Lt Governor said that the 34 mantras given by the Prime Minister in this book are not just to be read and memorized, but we all should try to imbibe them in our lives so that the exam becomes an occasion of celebration and not of stress.

"Hon'ble PM's 34 Mantras for students, teachers and parents will beat the exam stress and help the exam warriors appearing for board exams to deal with anxiety & stress," the Lt Governor said.

This book should be constant companion of young aspirants, the Lt Governor added.

The Lt Governor observed that Education is not merely about competition among children. Education teaches us the ways to develop compassion and joy towards life and other human beings, he added.

The Lt Governor also spoke about 'Pariksha Pe Charcha' an annual event held every year since 2018, in which the Prime Minister interacts with students, teachers and parents.

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At APM on remote voting rights, J&K parties pitch for holding assembly polls

**AGENCIES
SRINAGAR**

Jammu & Kashmir's regional political parties on Monday vociferously raised the issue of delay in holding Assembly elections in the Union Territory during the all-party meeting convened by the Election Commission of India to discuss the issue of remote voting rights to migrant workers.

Talking to news agency, PDP chief spokesman Suhail Bukhari said that he raised the issue of delay in holding assembly elections in Jammu & Kashmir during the meeting.

"I told them that it is ironic that the poll-body has called a meeting to discuss ways to increase that the poll-body has called a meeting to discuss ways for increasing voter participation in polls, but people in Jammu & Kashmir are eagerly waiting for the past five years to exercise their voting rights," he said.

He said the Chief Election Commissioner told the meeting that all technical processes have been completed in Jammu & Kashmir.

"The CEC told us that exercises of delimitation and revision of voters have been completed," he said, adding that CEC further said they are also concerned over the matter.

In a statement, the National Conference said that its treasurer Shammil Oheroi will speaking on the issue that when the government is concerned about facilitating domestic migrants to exercise their voting rights, the 1.4 crore people of Jammu and Kashmir continue to remain deprived from exercising their democratic rights.

Oheroi further added that J&K which hasn't seen elections for the last 50 years is suffering on many fronts. He raised the concern that people of J&K are being kept away from exercising their democratic rights and choosing their own government which would have effectively addressed their day to day issues.

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Man falls from hilltop, dies in Reasi

**J NEWS DESK
REASI**

A man from Bathoie village of Reasi's Mahore subdivision died after falling from a hilltop on Monday, officials said.

Officials told the news agency that a man identified as Qamar Din (37), son of Mohd Ismail of Bathoie fall from a hilltop near Magarpath, Lower Bathoie area of Mahore under mysterious circumstances and died on spot.

Meanwhile, police said to have started legal proceedings and investigation into the matter. KNO

Days after a preliminary inquiry conducted by the Rural Development Department found that funds worth Rs eight crore have been misappropriated in works executed under the MGNREGA scheme in Jammu, the J&K government has ordered a comprehensive audit of all the identified works in the report.

According to an order, a copy of which is in possession of the news agency, the Rural Development Department has directed Director, Social Audit, MGNREGA to depute a team of two district resource persons (DRPs) along with some experienced village resource persons (VRPs) to undertake a comprehensive audit of all the works identified in the report by Assistant Commissioner Development, Jammu and submit a detailed report to the commissioner secretary, RDD within 10 days.

The Director, Social Audit has also been asked to fix the responsibility of the concerned officers.

The Block Development Officer Mathwar/Balwal has been directed to provide all relevant record(s) of the case to the committee, failing which immediate disciplinary action shall be taken against him by ACD Jammu.

The move comes after a preliminary inquiry by ACD Jammu reported alleged misappropriation of funds amounting to Rs 8.62,40,000 in MGNREGA works executed in blocks Bhalwal/ Mathwar in Jammu district. KNO

Government orders comprehensive audit of MGNREGA works after preliminary inquiry alleges misappropriation of Rs 8 crore

**AGENCIES
SRINAGAR**

Government has ordered a comprehensive audit of all the identified works in the report by Assistant Commissioner Development, Jammu and submit a detailed report to the commissioner secretary, RDD within 10 days.

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Police file chargesheet against 2 LeT militant associates in Rajouri

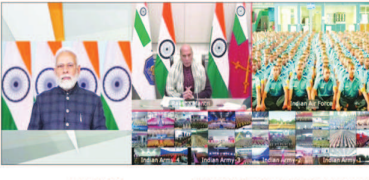
SRINAGAR

The Jammu and Kashmir Police filed a chargesheet against two LeT militant associates in Rajouri in a case related to grenade throwing.

According to a statement, issued to the news agency, the chargesheet was filed in case FIR No. 542/2021 U/S 307/120-B/121/122 IPC, 3/4 Explosive Act, 13-UL-A (P) before the court of 3rd Additional Sessions Judge Jammu against 02 accused namely Altaf Hussain Shah and Mohd Qasim, who is absconding.

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PM interacts with newly recruited Agniveers



**AGENCIES
NEW DELHI**

Prime Minister Narendra Modi has said technologically advanced soldiers will play a key role in Indian Armed Forces in the wake of the new frontiers of contactless warfare and challenges of cyber warfare. He said the current generation of youth especially has this potential, and so the Agniveers will play a leading role in the Armed Forces in the times to come.

Modi said this while addressing through conferencing, the first batch of Agniveers of the three Services, who have commenced their basic training through conferencing. He said that New India is filled with renewed vigour, and efforts are underway to modernise the Armed Forces as well as make them Aatmanirbhar.

Modi congratulated the Agniveers on being the pioneers of this path-breaking Agnipath Scheme highlighting that this transformative policy will be a game changer in strengthening Indian Armed Forces and making them future ready for the challenges that lie ahead.

The Prime Minister affirmed that the young Agniveers will make the Armed Forces more youthful and tech savvy.

Hailing the potential of Agniveers, he said that their spirit is reflective of the bravery of the armed forces which has always kept the flag of the nation flying high. He said that the experience which they will acquire through this opportunity will be a source of pride for life.

In his address, the Prime Minister also spoke about how the scheme will further empower women. He expressed happiness at how women Agniveers are adding pride to the Naval forces and said that he looks forward to seeing women Agniveers in all three forces.

Modi also recalled how women are leading armed forces on various fronts, citing examples of women soldiers posted in Siachen and women

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Shooting stones at Panthyal disrupt traffic along Jammu-Srinagar highway for 4 hours

**AGENCIES
SRINAGAR**

The traffic movement on Srinagar-Jammu National Highway remained suspended for almost four hours on Monday due to shooting stones at Panthyal area of Ramban district.

A traffic official told the news agency that the traffic on Srinagar-Jammu national highway remained halted for around four hours due to shooting stones at Panthyal area of Ramban.

"The iron tunnel at Panthyal also suffered damage to a large extent due to continuous shooting stones," he said.

He said soon after the shooting stones incident, the authorities pressed men and machinery into service following which the road was thrown open for traffic in the evening.

Senior Superintendent of Police (SSP) Traffic Ramban, Mohita Sharma tweeted, "NH 44 through for traffic after clearance. Travel with caution".

Meanwhile, the traffic department issued a fresh advisory, stating that subject to fair weather and road clearance, LRVs Passenger/Private Cars shall be allowed from both sides on Jammu-Srinagar NHW via Jammu towards Srinagar and vice-versa. "TCU Jammu/Srinagar shall liaise with TCU Ramban before releasing the traffic", the advisory said.

About the cut of timing for LRVs/ Passenger/Private cars it said to be released from

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Govt orders transfer, posting of 7 JKAS officers

**AGENCIES
SRINAGAR**

The Jammu and Kashmir government on Monday ordered the transfer and posting of 7 JKAS officers with immediate effect.

According to an order, a copy of which lies with the news agency, Pardeep Kumar, JKAS, Deputy Secretary to the Government, Information Department, is transferred and posted as Assistant Commissioner Panchayat, Reasi, against an available vacancy.

As per the order, Ishraq Ahmad Bhat, JKAS, Deputy Secretary to the Government, Culture Department, is transferred and posted as Assistant Commissioner Panchayat, Ganderbal, against an available vacancy.

Muzaffar Ahmad Sheikh, JKAS, BDO, Devsar, is transferred and posted as Assistant Commissioner Panchayat, Baramulla, against an available vacancy.

Shahab Ahmad Hakak, JKAS, Sub-Registrar, Budgam, is transferred and posted as Project Officer, Wage Employment (ACD), Baramulla, against an available vacancy.

Muzamil Manzoor Beigh, Collector Land Acquisition Special Army (Budgam & Srinagar) will look after the routine work of Sub-Registrar, Budgam in addition to his own duties.

Shereaz Ahmad, JKAS, is transferred and posted as Project Manager, IWMP, Rajouri, Commissioner Panchayat, Rajouri, against an available vacancy.

He shall also hold the additional charge of the post of Project Manager, IWMP, Rajouri, till further orders.

Manzoor Ahmad Mir, JKAS, Deputy Secretary to the Government, Department of Food, Civil Supplies and Consumer Affairs, is transferred and posted as Assistant Commissioner Panchayat, Shopian, against an available vacancy.

Sunil Kumar, JKAS, Project Manager, IWMP, Samba, is transferred and posted as Assistant Commissioner Panchayat, Samba, against an available vacancy. He shall also hold the additional charge of the post of Project Manager, IWMP, Samba, till further orders. KNO

Commencement of Digital era in J&K: All offline services to end from today

**AGENCIES
JAMMU**

In a significant development, the government of Jammu and Kashmir has decided to go fully digital from today.

This was decided by the Chief Secretary, Dr Arun Kumar Mehta in a meeting of Committee of Secretaries (CoS) today attended by all the Administrative Secretaries.

Dr Mehta directed Commissioner Secretary, IT to ensure that all government services are only made available through online mode from today. He reiterated that no service shall remain offline and applicants need not to visit any of the government offices for availing any services.

The Chief Secretary enjoined upon all the Secretaries to monitor that the services are being delivered online in a hassle free manner.

The Chief Secretary also advised them to constitute control rooms in Administrative departments as well as HoD level and in the offices of Deputy Commissioners for providing support to public. He asked them to run campaigns so that ample awareness is created among masses. He told them to conduct awareness programmes in educational institutions and at the Panchayat level.

He stressed upon all the officers to take note of all the services provided by their respective departments and implement these orders. The Chief Secretary was informed that

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Rana asks Cong whether it believes in PAGD's stand on Art 370 abrogation

**AGENCIES
SAMBA**

Senior BJP leader Mr Devender Singh Rana today asked the Congress to clarify whether it believes in the stand taken by People's Alliance for Gupkar Declaration (PAGD) on the abrogation of the temporary Article 370 of the Constitution of India.

"As the so-called Yatra is entering Jammu and Kashmir, the people here have a right to know whether the Congress stands behind the PAGD's inappropriate rants over this issue of national importance, as the repeal of the special provision binds the Union Territory with rest of the country, psychologically and emotionally", Mr Rana said while addressing BJP Karyakartas at Ghagwal and Sumb here today.

Rana said opposition to the repeal of Article 370 is negating the spirit of the Constitution, as its architect Babasaheb B R Ambedkar had consciously incorporated it as a temporary provision. By aligning with the PAGD, the Congress is willfully and contemptuously giving affront to the vision of Bhab

Sahab. Since Rahul Gandhi is claiming his yatra to be binding the people of the country, the very opposition to repeal of Article 370 amounts to dividing it, he said, adding that the people of Jammu and Kashmir would be curious to know about the stand of the Congress on this issue.

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Div Com conducts spot inspection of Tawi River Front Project of Jammu Smart City

**AGENCIES
JAMMU**

Divisional Commissioner Jammu, Ramesh Kumar today inspected the progress of ongoing works on 1st phase of Tawi River Front project being executed by Jammu Smart City Limited (JSL) under Smart City Mission of Ministry of Housing and Urban Affairs (MoHUA).

The Div Com was accompanied by Deputy Commissioner Jammu, Avny Lavasa; Commissioner Jammu Municipal Corporation (JMC) & CEO JSL, Rahul Yadav; Chief Engineers of Irrigation and Flood Control, JPDCL, Superintendent Engineer PWD, concerned Tehsil-dars, consultants, site engineers besides other concerned officers.

During the visit, the concerned engineers apprised the Div Com about the works completed so far, besides future work plan.

It was informed that the sufficient manpower has been deputed for expediting work on the project while the work is in full swing.

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DC B'la chairs DLTC meeting for approval of SoF for 2023-24

JI NEWS SERVICE
BARAMULLA, JANUARY 16: In order to finalize the Scale of Finance (SoF) for the year 2023-24 for Agriculture, Horticulture and other allied sectors, a meeting of District Level Technical Committee (DLTC) was today held under the chairmanship of the Deputy Commissioner (DC) Baramulla, Dr Syed Sehrish Asgar at her office chamber here.

On the occasion, the participants deliberated on various factors like input prices and market prices of commodities for assessing the Scale of Finance in order to provide short term loans to the farmers in the shape of Working Capital for various field crops.

Information was also shared with the attendees on the prices of various sub items such as fodder, fertilizer, pesticides, labour value addition and manure etc for growing the crops



and maintenance of dairy animals.

Speaking on the occasion, Dr Sehrish said that agriculture and allied sectors are the backbone of sustenance and an important economic activity and the credit facility to the farmers will be instrumental in boosting the sector. She directed the banks to be liberal in lending these small loans to farmers

without any delays. The DC directed the officers to ensure maximum coverage of the farmer beneficiaries under the Government schemes and PMEGP.

She directed the Floriculture officer to identify at least one beneficiary in every block of Baramulla district for sponsoring them under different schemes so that maximum

avenues for earning livelihood are generated.

The meeting was attended by the Chief Agriculture Officer, Chief Horticulture Officer, Chief Animal Husbandry Officer, District Sheep Husbandry Officer, District Floriculture Officer, Chief Manager C&AFD, LDM JKB, DDM NABARD, besides other functionaries of concerned departments.

DDC Anantnag unveils Road Safety Week-2023 Calendar

MVD Anantnag organises Blood Donation Camp

JI NEWS SERVICE

ANANTNAG, JANUARY 16: In a first of its kind initiative, Motor Vehicles Department Anantnag today unveiled the Road Safety Calendar at Mini Secretariat DC office, here as part of National Road Safety Week-2023 celebration with the theme 'Swachhata Pakhwada'.

District Development Commissioner (DDC) Anantnag, Dr Basharat Quyoum, who was Chief Guest at the event released the Calendar on Road Safety in presence of senior officials of Civil, Police Administration and Security Forces.

Speaking on the occasion, the DDC said that this is an eye-catching reminder of road rules for the family or workplace, or road user and the 2023 Road Safety Calendar features a 'best of collection' bringing together some of the best road safety messages and various offences which is a very unique and innovative concept and for this he appreciated Assistant Regional Transport Officer (ARTO) Anantnag and his team for their commitment towards road safety.

Regional Transport Officer Kashmir, Sajid Yehya Naqash who was the Guest of Honour said that the calendar is very informative and displays messages pertaining to road safety which will help us to spread the message of road safety to every household and can significantly change the behaviour of youth



towards road usage.

Automobile dealers associations and various automobile dealers of the district were present on the occasion.

Earlier in the day, in connection with 34th Road Safety Week celebrations, Motor Vehicle Department Anantnag in collaboration with the Health Department organized a Blood donation camp at Bijbehara.

The camp was inaugurated by Chief Medical Officer Anantnag, Dr Mohd Yousuf Zagoo in presence of ARTO Anantnag, Dr Mohammad Zubair Lattoo.

The event witnessed huge participation of volunteers including the officials of MVD department besides representatives of Taxi Operator

Union, Drivers from various schools and volunteers of the Automobile dealers donated blood in the camp.

Addressing the gathering, the ARTO said that donating blood can save precious lives, particularly in road accidents. He stressed upon the need to organize road safety awareness programmes throughout the year as a sustained drive. He appealed to motor vehicle users to follow the traffic rules and make road safety part of life.

He impressed upon the Transporters/Drivers to ensure implementation of Motor Vehicles Act/Rules strictly so that road accidents are minimised and precious human lives are saved.

Arrangements for R-Day celebrations 2023 reviewed & finalized at Kulgam

JI NEWS SERVICE

KULGAM, JANUARY 16: To review and finalize arrangements for the celebration of Republic Day-2023, a meeting of Officers was today held at mini-secretariat here under the chairmanship of the Deputy Commissioner (DC) Kulgam, Dr. Bilal Mohi-Ud-Din Bhat.

During the meeting, DC reviewed arrangements to be made by various departments including security, seating, car parking, transportation, illumination of buildings, refreshments, besides accommodation for the participants.

Dr Bilal exhorted all the departments to put in place elaborate arrangements for smooth conduct of the National event.

It was finalized that the main function will be held at District Police Lines where the National Flag will be unfurled by the chief guest followed by the parade comprising contingents of JKP, CRPF, NCC, police band, women contingent and school children.

Moreover, a full dress rehearsal function will be held on 24th of January. The concerned departments were instructed to make heating arrangements keeping in view the prevailing cold weather conditions for trouble-free rehearsals and final day celebration. The Mechanical Engineering Department was directed to keep



men and machinery ready to press them in service for Snow clearance at the venue in case of Snowfall.

Ex. Engineer PDD was instructed to ensure smooth power supply and put standby DG sets at the venue.

The Municipality and Power department were also instructed to illuminate main buildings in the town.

The DC also instructed the concerned to arrange colorful cultural programmes on various themes depicting rich culture and heritage of the district.

He directed the concerned officers and agencies to maintain close coordination for smooth and error free

conduct of the national event.

All the heads of the departments and institutions were also directed to unfurl the National Flag in their offices and institutions at district, sub-divisional, tehsil and Panchayat levels.

The meeting was attended by ADDC Showkat Ahmad Rather, ADC Viqar Ahmed Giri, ASP Shabir Ahmad, ACR Mir Imtiaz-ul-Aziz, SDM Noorbad Bashir ul Hasaan, ACP, GM, DIC, CEO, CMO, DFO, DIO, Executive Engineers of PDD, R&B etc.

Officers from CRPF, Army, and others concerned also attended the meeting.

ROAD SAFETY WEEK:

RTO Kashmir visits Bandipora; participates in various activities

Strictly adhere to safety measures to save precious lives: Sajid Naqash to Transporters

JI NEWS SERVICE

BANDIPORA, JANUARY 16: In connection with Road Safety Week being observed from January 11 to January 17 under 'Swachhata Pakhwada-2023', the Regional Transport Officer (RTO) Kashmir, Sajid Yehya Naqash today visited Bandipora to participate in various road safety week activities.

The RTO Kashmir participated in a Road Safety car rally held to create awareness about traffic rules as part of celebration of National Road Safety Week, 2023.

The RTO Kashmir in presence of ARTO Bandipora, Bilal Ahmad Mir also flagged-off the Road Safety MotorCycle Rally. The rally started



New Bus stand Bandipora.

During the camp, hundreds of drivers were screened for eyesight and other ailments by concerned doctors. A live demo was also held for imparting first aid in case of accidents. Speaking on the occasion, RTO Kashmir urged the transporters to follow the rules and stressed on maintenance of vehicles.

He urged transporters to strictly adhere to the safety measures to save precious lives and follow traffic rules and road icons during drive to ensure the hassle free movement of vehicles on roads. In order to avoid congestion, the transport department is working in tandem with police and other auxiliary agencies, he added.

from New Bus Stand Bandipora. A free eye screening and first aid medical camp was also organised for drivers at

Youth Convention 'Let's take a stand, for a Drug free land' organised at B'pora

Youth leadership & empowerment essential for curbing Drug menace: Dr. Owais



JI NEWS SERVICE

BANDIPORA, JANUARY 16: Bandipora Youth Federation in collaboration with District Administration Bandipora on Monday Organised a Youth Convention themed 'Let's take a stand, for a Drug free land' at mini secretariat, here. The convention was presided over by Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed and was attended by SSP Bandipora Lakshay Sharma, Padmashree Faisal Ali Dar, JD Planning Imtiaz Ahmad, Programme Manager DIC Mehraj Wani, members of

Bandipora Youth Federation and large gathering of youth from across the Bandipora.

Speaking on the occasion, the DC deliberated upon various roles of youth beginning from home towards society and nation. He said organising youth convention and creation of youth federations will empower youth and create a skillful generation for better development.

Highlighting the role of youth in curbing Drug menace, Dr. Owais said that Youth are capable of leading the change and can come up with fruitful initiatives in

eradicating drug menace. He urged youth to come forward and show maximum potential on different platforms. He said youth leadership and youth empowerment is important in eradicating social evils like drug abuse. He urged them to avail benefits of self-employment schemes besides taking front in the tourism sector. Dr. Owais asked the participants to actively participate in Gram Sabhas and be part of planning at Panchayat level.

He asked the officers to organise awareness programmes at panchayat level for solid waste management

and drug De-addiction involving youth clubs and PRIs.

He appealed to youth to become aware of the changing scenario in employment and skill and keep themselves updated with latest developments and work towards excellence.

SSP Bandipora Lakshay Sharma on the occasion threw light on various youth engagement programmes. He said cooperation between police and public is essential for curbing drug menace and stressed upon youth and the general public to cooperate with police and administration in eradicating drug menace. Padmashree Faisal Ali Dar who is also president of Bandipora Youth Federation deliberated upon various aspects of Bandipora Youth Federation. He said the aim of Bandipora Youth Federation is to unite the youth of Bandipora on the developmental front and work for all round development of youth and make Bandipora a drug free land.

Rehabilitation/ distribution camp for specially-abled held at Bandipora



JI NEWS SERVICE

BANDIPORA, JANUARY 16: A daylong rehabilitation/ distribution camp of aids and appliances for specially-abled persons was today held at mini secretariat,

Bandipora.

The camp was organised by Composite Regional centre (CRC) Srinagar with the support and coordination of District Administration Bandipora and Social

Welfare Department

Bandipora. The camp was inaugurated by Deputy Commissioner (DC) Bandipora, Dr. Owais Ahmed and was attended by District Social Welfare

Officer (DSWO) Ubaid ul Khazir, Camp Coordinator CRC Irshad Ahmad and other concerned.

The camp was organised under the ADIP scheme of the ministry of Social Justice and Empowerment Government of India for differently-abled persons.

Speaking on the occasion, the DC said that an extensive field survey at panchayat level was conducted to identify specially-abled persons and accordingly prosthetic aids were distributed among them today, here. He said a similar camp was organised last week at Sumbal during which hundreds of prosthetic aids were distributed and said a similar camp shall be organised at Gurez also.

On the occasion Hundreds of prosthetic aids including wheelchairs, clutches, hearing aids, smart canes, tricycles etc were distributed among specially-abled persons.

Dr. Owais appreciated the efforts of various collaborating agencies for organising such camps for specially-abled persons.

JIT headed by Director Horticulture inspects CA Store at Aglar, Shopian

JJ NEWS SERVICE
SHOPIAN, JANUARY 16: A Joint Inspection Team (JIT) headed by the Director Horticulture Kashmir, G. R. Mir today visited Aglar, Shopian and inspected a CA Store namely M/S Hamdan Agro Industries Pvt. Ltd having a capacity of 4000 MTs and reviewed its functioning.

This was the first visit of JIT to this CA Store after the project was approved by the Empowered Monitoring Committee (EMC)

Speaking on the occasion, the Director said that currently we have 2 lakh MTs of CA Store capacity in the valley which is significantly low when compared to the annual production which results in distress sales.

He further added that



The Department is committed to enhance the capacity to a reasonable 5 lakh MTs within next few years, as such the Department is exploring every opportunity to have the infrastructures like CA stores, Grading and Packing lines, Processing Units etc, developed across the

Valley and best services are provided to the orchardists.

Mir enjoined upon the entrepreneurs to come forward and set up the CA Stores and other post-harvest units for which the Department will provide every possible help.

The Director Horticulture Kashmir was accompanied by the Deputy Director Horticulture Kashmir, Chief Conning Instructor, Kashmir, Chief Horticulture Officer, Shopian, Ex. Engineer Horticulture Planning and Marketing, Anantnag and other members of the JIT.

Director Fisheries sets targets for implementation of Holistic Agriculture Development Plan in JK UT

Visits RAS project at Awantipora; directs field functionaries to achieve the set goals well in time

JJ NEWS SERVICE
SRINAGAR, JANUARY 16: In order to lay the roadmap for achievement of set targets for fisheries sector in Jammu & Kashmir under "Holistic Development of Agriculture and Allied Sectors", the Director Fisheries, Mohammad Farooq Dar today visited Recirculatory Aquaculture System (RAS) project at Awantipora.

The Director was apprised by Joint Director Fisheries, (South), Abul Majid Tak that this innovative RAS project is first of its kind in the UT established by the Department in private sector under Pradhan Mantri Matsya Sampada Yojana (PMMSY) scheme and has become inspiration for young and budding entrepreneurs owing to its gainful results.

Director also interacted with the entrepreneur and obtained gratifying feedback. He also being "Mission Director" for implementation of "Holistic Agriculture Development Plan" in the UT said that effective measures are being taken for inclusive and substantial Development of Aquaculture and allied sectors including fisheries on mission mode through transfer of technology, value addition and development of marketing chains.

Since there are a series of activities involved in the fisheries sector, the young



to trout farmers in the private sector.

Director was also apprised that the Trout Feed Mill installed in the project is of old version and has turned outdated, therefore needs to be replaced with a new mini Trout Feed Mill with updated features to meet the demand of Trout Feed in the project and other adjacent districts of South Kashmir.

The Director also inspected In-Service Training Institute, Kokernag, and interacted with the In-Service Trainees. The Principal of the Institute informed that the trainees are updated with the latest skills / technologies in the field of fisheries besides rules and regulations of fisheries act.

The Director instructed the Officers to draw a comprehensive plan for upgradation and strengthening of existing fisheries infrastructure and raising of additional one to boost fish production in the Union Territory.

Joint Director Fisheries, (South), was instructed to identify the trout hatcheries and take all necessary measures required for planting of imported germplasm of Rainbow and Brown Trout to be imported from outside the country in a phased manner under "Holistic Development Plan" of fisheries sector for which Global tenders are being floated in near future.

and budding entrepreneurs shall be provided hand holding support for adopting different activities based on location specific feasibility and potential so as to generate employment, Dar said.

Later, the Director visited Trout Hatchery, Panzeth, Qazigund to take stock of ongoing breeding and hatchery management of trout. The Deputy Director Fisheries, Anantnag, informed that trout hatchery Panzeth has a production capacity of 4 lac fingerlings per year.

He also visited Asia's largest Trout Fish Farming Project, Kokernag.

It was informed that quality trout seed is being supplied to the Government as well as the Private Sector across UT from the project. Moreover, trout seed is being supplied to other States / UT's including Arunachal Pradesh, Nagaland, Sikkim, Tamil Nadu and also to the Republic of Bhutan.

On the occasion, Chief Project Officer, Kokernag, Ghulam Mohiud-din Wani, informed that the Department is expecting bumper seed production of Rainbow Trout during the current year and 20 lac fingerlings shall be supplied

DHEW Ganderbal organises Awareness programme at Chappergund

JJ NEWS SERVICE
GANDERBAL, JANUARY 16: The District Hub Empowerment of Women (DHEW), Mission Shakti Ganderbal today organised an awareness programme regarding women centric schemes at Chappergund Ganderbal.

The team imparted the awareness regarding working and functioning of the District Hub for Empowerment of Women Mission Shakti Ganderbal at district level. The team raised awareness of different schemes like Pension schemes, Scholarship schemes, Prosthetic Aids, etc.

Participants were also made aware about women empowerment schemes available at District level such as DHEW, OSC, WHL 181, Shelter Home,



Marriage Assistance Scheme, PMMVY, Employment generation schemes such as Tajeswani, Mumkin, PMECP, etc.

Awareness about the physical, mental and other forms of violence against feminine gender by provid-

ing every kind of security to them against this abuse was also imparted.

Later, the participants were sensitized about Women Helpline number 181, Role of One stop centre and District Hub for Empowerment of Women

Ganderbal and how these institutions will help women who are the victim of any kind of violence.

Grievances of the women were also noted down and were assured to provide assistance with the help of concerned departments.

SVEEP awareness programme held at HSS Kanir, Budgam

General public, PRIs, Anganwadi workers, Aasha's & others from block Chadoora sensitised

JJ NEWS SERVICE
BUDGAM, JANUARY 16: To create momentum and enhance the pace of enrollment of new voters in the voter list and to inculcate democratic values in the general public of the district, a SVEEP awareness programme was today organized by the District Nodal Officer SVEEP (Chief Education Officer Budgam) in collaboration with District Election Office Budgam at Higher Secondary School Kanir Budgam.

The awareness program was attended by the general public, PRI members, Anganwadi workers and Asha workers.

During the awareness programme, DLMTs Sr. District Level Master Trainers (senior lecturer) Mir Firdous Ahmad and Gowhar Rasool (teacher) delivered the lecture regarding importance of electoral registration and participation

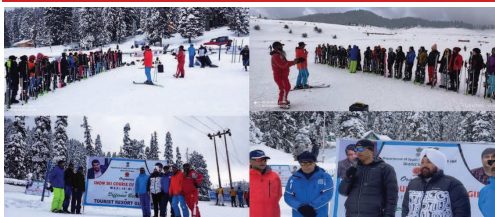


and shared the detailed schedule of the Revision timelines and important ways and means for the enrolment. The detailed description of the different prescribed forms viz.

2A, 2B, 2C and 2D were also shared with the participants through demonstration. The same forms were also circulated among participants.

Youth Services & Sports starts Snow Skiing course for Girls at Gulmarg

Training Course for Batch 1st inaugurated today, other batches to follow



busiest tourist destination. About 45 Girl students from various Government schools of Srinagar are taking part in the training course.

It is worth mentioning here that every year these courses are conducted under the patronage and supervision of Directorate of Youth Services & Sports J&K to train aspiring students in the domain and to prepare and produce youth to take up this skill at professional level in the later part of their lives besides providing them with an opportunity to participate in different competitions.

Veteran Olympian Gul Mustafa, Incharge course Muzamil Ahmad, Incharge Hutments-555 Hilal Ahmad besides other senior officers and instructors of the department also attended the inaugural function.

JJ NEWS SERVICE
BARAMULLA, JANUARY 16: The Department of Youth Services & Sports, District Srinagar today started the annual Snow Skiing courses for Girl students at world famous Ski destination Gulmarg.

Regular Training course for Batch 1st was inaugurated by Assistant Director Tourism Dr Javid-ul-Rehman in presence of District Youth Services & Sports Officer Srinagar,

Balbir Singh. The Assistant Director Tourism graced the inaugural ceremony as Chief Guest, and in his address congratulated and encouraged the participants to work hard during the training days in order to acquire necessary knowledge and skills.

DYSSO Srinagar briefed the participants regarding the initiatives being taken by the department to engage youth in productive

activities. He also highlighted the achievements of the department and instructed the trainers to work with utmost dedication during the course. He also instructed the YSS staff to provide every possible facility to the students during the entire course.

DYSSO Srinagar thanked the Tourism department for their support and cooperation in making the course possible at the

Road Safety Week: ARTO Gbl organises Awareness rally

JJ NEWS SERVICE
GANDERBAL, JANUARY 16: As part of Road Safety Week, the Assistant Regional Transport Officer (ARTO) Ganderbal along with Traffic Police today organised an awareness rally in the town.

During the event, drivers and vehicle owners

were made aware about various Road Safety measures to be taken for safe driving on the road.

Pamphlets on road safety were also distributed among drivers and passengers for disseminating the message of road safety among the public.

On the occasion, ARTO

Ganderbal, Wajahat Qayoom said that road safety is a collective responsibility.

He said that MVD has organized several activities in the district as part of ongoing Road Safety Week with the purpose to generate awareness among the commuters

regarding safe driving on roads. He also advised the commercial vehicle drivers to avoid over speeding and use of mobile phones while driving adding that behavioral changes and positive attitude is must to avoid road accidents and save precious human lives.

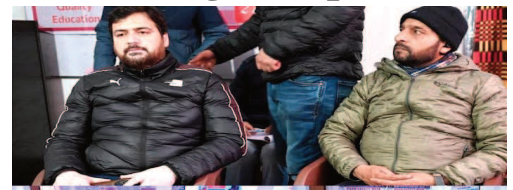
Road Safety Week: MVD Shopian organises Painting Competition

JJ NEWS SERVICE
SHOPIAN, JANUARY 16: In continuation to a series of events, massive awareness and orientation programmes conducted under National Road Safety Week, the Motor Vehicles Department (MVD) Shopian today organized a Painting Competition at BCI Shopian.

The programme was organised to educate the public about the need to follow the traffic rules in letter and spirit.

Speaking on the occasion, the Assistant Regional Transport Officer (ARTO) Shopian, Muazzam Ali said that the "Road Safety Week" is being organized every year to educate people about the road safety measures besides providing an opportunity to take part in concerted efforts for the cause.

He stressed for complete



adherence to traffic rules and regulations to avoid accidents, thus saving precious lives.

Highlighting the importance of National Road Safety Week, ARTO elaborated the activities that are

going to reach the maximum number of road users and general public for enforcement of traffic norms.

He said, awareness, orientations are essential in averting road mishaps.

In this regard, Painting Competition in which 22 School going children participated was conducted at BCI Shopian.

The officers, officials and other concerned were present on the occasion.

Dulloo reviews functioning of Animal, Sheep Husbandry, Fisheries depts

Also accesses functioning of Livestock Development Board, JKMPCL

JI NEWS SERVICE
JAMMU, JANUARY 16: Additional Chief Secretary (ACS) Agriculture Production Department, Atal Dulloo today reviewed the functioning of the Animal, Sheep Husbandry & Fisheries Department and deliverables under major schemes in the sector.
Mission Director Dairy Development, Secretary in APD, Director General (Planning) APD, Director General Sheep Husbandry Kashmir, Director Animal Husbandry Jammu/Kashmir, Director Sheep Husbandry Jammu, Director Fisheries J&K, Director Finance Animal/Sheep Husbandry & Fisheries, APD, CEO Livestock Development



Board Jammu/Kashmir and other concerned attended the meeting. Kashmir based officers attended the meeting via video conferencing. The meeting had a detailed review of CAPEX budget, funds released, expenditures incurred under centrally sponsored schemes for 2022-23, and deliverables of Animal/Sheep Husbandry and Fisheries Department. Besides, Cattle Feed Production Scheme, Integrated Poultry Development Scheme, Fodder Development Scheme, Integrated Poultry Development Scheme, Aquaculture Development Schemes, and other related schemes were also assessed during the meeting. At the outset, Directors Animal Husbandry Jammu/Kashmir gave detailed presentations over the targets and achievements of their respective Directorates including several sectors including dairy, poultry, set targets and achievements and Centrally Sponsored Schemes pertaining to the Department. While reviewing performance of Animal Husbandry Department, the ACS asked the respective directors to set priorities so that projects would be taken up as per Apex Committee led by Dr Mangla Rai.

JK commences distribution of free foodgrains amongst AAY and Priority Households

JI NEWS SERVICE
SRINAGAR, JANUARY 16: In an important move aimed at ensuring food security, the Government of India has announced distribution of foodgrains, free of cost to NFSA beneficiaries (AAY & PHH) from 1st January 2023. Pertinently, so far subsidized food grains under NFSA for AAY & PHH beneficiaries were being distributed at the rate of Rs 3 per kg for rice, Rs 2 per kg for wheat and Rs 3 per kg for wheat flour under PDS in Jammu & Kashmir. In tune with the Central Government's decision, JK's Department of Food, Civil Supplies & Consumer Affairs (FC&CA) has commenced free distribution of food grains (rice and wheat) to AAY and PHH beneficiaries from 1st January 2023 across Jammu & Kashmir. The authorities at the helm of affairs in the Department have issued instructions to the field officers, NIC Team and Technical Teams to incorporate the fresh changes in IT system, e-POS applications and PDS so as to ensure free of cost distribution of rice and wheat to AAY & PHH beneficiaries under NFSA in J&K from 1st January 2023. "While distribution of rice and wheat would be absolutely free, Rupee 1 would be charged for wheat flour per kg as conversion charges, with applicable conversion loss, where wheat flour is provided to beneficiaries instead of wheat," an official of the Department said. He said the beneficiaries are also advised to obtain printed e-Pos receipts, clearly indicating free distribution of rice and wheat, along with their entitlement. "This benefit is exclusively for AAY and PHH beneficiaries and the rate and scale shall remain unchanged in respect of Non Priority Households", he maintained. He said as PMGKAY has been discontinued by the Government of India from 31st December 2022, so additional free rations at a scale of 5 kg per beneficiary per month as were made provided earlier, cannot be provided in respect of AAY and Priority Households now but has been substituted with free ration under new scheme. "But while discontinuing PMGKAY, the foodgrains provided to these two groups earlier under NFSA at Rs 3/ kg rice and Rs 2 / kg wheat, have now been made absolutely free for AAY & PHH beneficiaries," he said. Responding to the reports appearing in certain sections of the media that there is dearth of rations in J&K and the foodgrains earlier being provided under PMGKAY have been stopped, the FC&CA official made it clear that earlier free foodgrains at a scale of 5 kg per beneficiary per month were provided to AAY and Priority Household (PHH) beneficiaries for nearly two years under Government of India run scheme-PMGKAY, which has now been discontinued by the Government of India. The official said that additionally, a J&K Government run scheme by the name, Jammu Kashmir Food Entitlement Scheme (JKFES) was also under implementation in J&K upto July 2022, under which a top up of 5 kgs per beneficiary was also provided to PHH and Non-Priority Households, subject to a ceiling of 35 kgs per household. "The foodgrains for this scheme were sourced from Open Market Sale Scheme (Domestic) OMSS-D, implemented by the Government of India/ FCL," he said adding that OMSS-D Scheme was stopped by Gol in respect of wheat in April 2022 and consequently the Department switched over to distribution of rice only under JKFES till July 2022. Further, OMSS-D scheme was stopped in respect of rice also by Gol during July 2022, as a result of which there was no scheme to source foodgrains for JKFES beyond July 2022. "Consequently, JKFES has been in abeyance because of non-availability of foodgrains under the scheme," he said and added that the Government of India, subsequently, restored the OMSS-D scheme with a rider that the States/UTs could only lift 10,000 MTs from July to December, 2022 under the scheme, as a special case. This quantity was too inadequate to take care of requirements under JKFES even for a month, where prior to stoppage of the scheme, the Department would need an allocation of about 24,000 MTs a month, to run JKFES. OMSS(D) still has not been restored by the Government of India/ FCL, so the Government of J&K is not in a position to consider the revival of JKFES at this stage. The official said that it has been reported by certain individuals in media that the allocation of foodgrains has come down in Jammu & Kashmir since 2021. "In an effort to make PDS credible and transparent, the Department undertook accelerated Aadhar seeding in a mission mode, consequent to which more than a million duplicate/ bogus beneficiaries were de-identified, as a result of which the allocation that used to be made earlier, has come down," he said and emphasized that allocation of each and every eligible beneficiary as per norms is ensured every month. "While AAY households get 35 kgs of foodgrains per Ration Card, the beneficiaries in PHH category and NPHH get 5 kgs per beneficiary per month," he maintained and added that during this period more than 68,000 eligible households were also brought under the ambit of PDS. The department has already instructed both the Divisional Commissioners to identify left out eligible beneficiaries, if any, who are still required to be brought under the ambit of PDS, so that they too are included. The official said that the Department has allocated 34593 MTs of foodgrains for AAY and PHH families for the month of January, 2023, including savings of 1730 MTs of previous month. Besides, 9366 MTs have also been allocated for Non-Priority Households to provide them foodgrains. The Department has sufficient stocks to meet the requirements of AAY and PHH categories under NFSA and Non-Priority Households under NPHH category, as per their entitlement. Additionally, the Department has already dumped sufficient stocks in winter dumping areas to take care of AAY, PHH and NPHH beneficiaries in those areas which remain closed during winters. As a special concession, the beneficiaries living in such areas have an option to lift their entitlement in advance for four (04) months. This facility was extended to them in a month of December only, so that they are not required to come to Sales Outlets for collection of their entitlement every month during winters. However, in order to ensure that transactions remain transparent, all such transactions are automated. The official reiterated that the Department is committed to provide the entitlement to each and every AAY & PHH beneficiary under NFSA and Non Priority Households, as per norms in a transparent manner, towards which it has achieved 100% automation through installation of PoS devices in all Sale Outlets and has also achieved an Aadhar authentication rate of about 93%, which implies that 93% transactions are made by bonafide beneficiaries through Aadhar authentication.

Road Safety Awareness Week: Free medical cum awareness camp organised in Bus Stand Nowshera



JI NEWS SERVICE
RAJOURI, JANUARY 16: In connection with the special series of activities being organised in the district as a part of Road Safety Week, the Motor Vehicle Department Rajouri today organised a Medical-Cum-Awareness camp for drivers, conductors, vehicle owners and passengers at Bus stand Nowshera. Additional Deputy

Commissioner Nowshera, Kartar Singh was the chief guest on the occasion. During the event, the drivers and vehicle owners were made aware about various Road Safety measures to be taken for safe driving on the road. They were advised to wear Crash Helmet and Seat Belt while driving two Wheelers and Cars on the road. They were made aware that use of mobile phones, stunting, use of beams during night and non use of seat belts are common offences which can be easily avoided. He urged the drivers to be mindful of duties and responsibilities while driving and having self restraint in speeding limits is a way forward towards changing driving behaviours. He also stressed upon the need for following the road safety norms to save one's own life as well as the lives of the others. During the camp, the doctors also screened participants for general health parameters such as sugar and blood pressure levels, besides eyesight issues etc.

IIM Jammu organizes maiden leadership program for J&K Bank Officers

JI NEWS SERVICE
SRINAGAR, JANUARY 16: In a first, Indian Institute of Management (IIM) today kick-started a leadership training program for the Branch Heads of J&K Bank at its Jammu and Srinagar campuses. Director IIM Jammu, Professor B S Sahay inaugurated the program titled "Effective Leadership for Branch Managers" along with Bank's General Manager/Divisional Head Sunit Kumar at Old University Campus in Jammu in presence of faculty members of the institute and officers of the bank. Lauding J&K Bank for its developmental role especially in J&K, Prof. Sahay said that the rising trend of Bank's share price also speaks well of its market performance. "I see these training programs as significant platform for exchange of information, experiences and insights between the two institutions", he said. On the occasion, he presented a memento to GM Sunit Kumar, who was also the Chief Guest on the occasion. Earlier, welcoming the dignitaries on the



launch of inaugural program, General Manager Sunit Kumar said, "Translating an important part of MoU into action between the two premier institutions of J&K, I feel delighted to be part of this inaugural event meant for training the officers of J&K Bank for leadership programs. Such programs will further deepen the bond between the two institutions." Recognizing the expertise of IIM Faculty on the occasion, he added, "With banking becoming a highly diversified and specialized domain requiring up-gradation in knowledge and skill set regularly, I am sure that the trainees would be fully equipped to meet new challenges of leadership in contemporary management so as to come up to the expectations of all our stakeholders." On the occasion he thanked the faculty of IIM associated with the program and wished the trainee batch best for the program. Pertinently, forty officers of the Bank will attend the 5-day leadership training program at Srinagar and Jammu campuses of IIM Jammu till 20th January, 2023.

DDC reviews progress under RDD Sector in Rajouri



JI NEWS SERVICE
RAJOURI, JANUARY 16- The District Development Commissioner Rajouri, Vikas Kundal, today conducted a comprehensive review of the Rural Development and Panchayat Raj (RDD) sector in Rajouri district.

The review focused on the progress of District Capex, Area Development grants projects, the progress of AWCs, MGNREGA works, and other developmental works. The review meeting was attended by District Programme Officer ICDS, Showket Malik; Chief Planning Officer Rajouri, Mohd Khurshid; Assistant Commissioner Development, Vijay Verma; DPO, Chandrakant Bhagat; Block Development Officers; and Child Development Project Officers. At the outset, Assistant Commissioner of Development Rajouri said that 1,982,851 person-days

have been generated under MGNREGA so far. It was further informed that out of 182,680 workers, bank accounts of 157,466 are Aadhar-seeded, accounting to 86 percent. The DDC directed for 100 percent Saturation. The DDC also reviewed the status of timely payments under MGNREGA, the work completion rate, and the number of families who have availed 100 days of work under the scheme. Inquiring about the construction of Anganwadi centers under the convergence mode, the meeting was informed that 79 Anganwadis were being taken up and are at different phases of execution. The meeting was further informed that 21,663 and 1258 houses have been completed under PMAY-G and Awas Plus scheme in the district, while out of Rs 4967.66 lacs funds released under District Capex, Rs 4,333.68 lakh have been expended. During the review meeting, the District Development Commissioner expressed satisfaction over the progress of different schemes. He sought details of works done, and gave necessary instructions to the timely completion of works. He asked the officers to ensure that the projects are completed on time and within the sanctioned budget.

DDC Rajouri inspects progress of work on BGSU Road

JI NEWS SERVICE
RAJOURI, JANUARY 16: District Development Commissioner Rajouri, Vikas Kundal, visited the BGSU Road and inspected the onsite progress of the work being executed by the PWD Department. The project had been stalled for a long time due to certain bottlenecks, but after completing the necessary codal formalities, the work has been restarted. However, there are still some issues impeding the smooth execution of the project. Accompanied by a team of offi-



cers, District Development Commissioner Rajouri, Vikas Kundal, visited the road and removed the bottlenecks hindering the speedy completion of the project. The total length of the road is 8 KM, connecting Sheema Chowk to BGSBU University. The total cost of the project is Rs 26 crore, and upon completion, it will benefit around 10,000 people, including students and faculty of BGSBU, by providing better connectivity. The Executive Engineer PWD (R&B) informed that the work of Wet Mix Macadamization and GSB is in progress. The Deputy Commissioner asked the ExEn Jal Shakti Rajouri and PDD Rajouri to shift the utilities within the shortest possible time. He also urged the concerned officers to expedite the progress on the project and ensure that it is completed as soon as possible, so that the general public can reap its benefits. He further emphasized the importance of quality while executing the work and warned that any laxity in this regard will not be tolerated. Officers who accompanied the DDC during his visit were ACR, Imran Rashid Kataria; SE PWD (R&B), Kamal Kishore; ExEn PWD (R&B) Rajouri, Maqbool Hussain; ExEn Jal Shakti Rajouri, Adarsh Kalsotra and ExEn PDD Rajouri, Hasan Mohd.

Discusses bottlenecks impeding speedy execution

THOUGHT OF THE DAY

Logic will take you from A to B. Imagination will take you everywhere - Albert Einstein

JINDRAH IMAGES

Bring unity to make BJJ a success in J&K

In the next couple of days, Bharat Jodo Yatra is expected to enter Jammu and Kashmir from Lakhapur--the gateway of the Union Territory but the Yatra appears to have failed to restore order in the factionalism-ridden Congress party in J&K. The party has been making all-out efforts to make yatra a grand success with an aim to regain its lost ground. Congress has been in complete disarray in J&K after the abrogation of Article 370 and bifurcation of erstwhile state of Jammu and Kashmir into two UTs--J&K and Ladakh. A number of good leaders, who were supposed to be the face of party in the UT--has either shifted their loyalties or left the party to float their own political outfits. Secondly, the left-out leaders are still struggling to keep the flock together. The party has already been facing the existential crisis after the former Chief Minister Ghulam Nabi Azad resigned from the Congress party. A number of senior leaders owing allegiance to Azad quit the party and many of them rejoined the party after finding it difficult to survive there. Congress, which was recently revamped by the party high command in Jammu and Kashmir, has always struggled for presenting a united face in J&K. Infighting that took a heavy toll on the grand old party continued to affect its image among the masses. This is not happening in Jammu and Kashmir only. With just a year to go for the 2024 Lok Sabha polls, the Congress continues to face the similar challenge in other states as well. It is important for the Congress party to ensure the display of unity among its leaders in Jammu and Kashmir. It is nowhere in winning prospects in any electoral exercise if immediate measures are not taken to end factionalism within the party. The resignation of Azad, who was considered a member of Gandhi family and remained associated with Congress for five decades, and his decision to float own party has caused a serious dent to the Congress. The BJP, which has set the mission 50 plus for upcoming assembly elections, questions the lack of internal democracy in the Congress. It is an open secret that infighting has severely enfeebled it in recent years and undermined its already precarious position as the main Opposition outfit. To bring peace among the warring factions in the Jammu and Kashmir unit, the Congress high command handed over the party's command to Vikar Rasool Wani but the initiative backfired as dissidents raised banners of revolt. It's obvious that the Congress' attempts to win back disgruntled veterans have come a cropper, with interim chief Sonia Gandhi failing to set the house in order. Last year, the Congress first helplessly watched AAP wrest power from it in Punjab and later witnessed the collapse of the Shiv Sena-led Maha Vikas Aghadi government in Maharashtra. The Congress unit is passing through a phase of realising its existence. Its instability would adversely impact the Opposition's ability to take on the BJP in 2024 at national level. In Jammu and Kashmir, it is going to be a big challenge for the party to bring unity in its flock to make the yatra a big success. The grand culmination of the Yatra would set the tone for General Elections going to be held next year.

JOSHIMATH DISASTER A WARNING FOR MUSSOORIE

The planned tunnel below Mussoorie is dangerous because it can damage the very foundations of the town. The proposed ropeway from Dehradun to Mussoorie is another disaster in the making. Curiously, the ecological and financial impact has remained a closely-guarded secret. Overbuilding plagues Mussoorie, but much of it happens beyond the reach of the municipality.

HUGH AND COLLEEN GANTZER

THE Joshimath disaster was man-made; the civic authorities refused to enforce the carrying-capacity rules of the area and so overloading led to the collapse of the ground support.

In Mussoorie, a wing of the Lal Bahadur Shastri National Academy of Administration (LBSNAA) identified the carrying capacity of our terrain in 2001 and said, "That the construction cannot expand is clear... although most sections of the resident population believe that the development agencies must be kept out of the city limits." The agencies referred to are the Government of India, which interferes only in the case of Central organisations such as the LBSNAA and the Indo-Tibetan Border Police. The major agency is the Mussoorie Dehradun Development Authority (MDDA) and it is this organisation that the people of our little town turn their ire on, blaming it for our present sorry state.

But that is far too simple an explanation. The prime cause, as the far-seeing president of the Uttarakhand Hotel and Restaurant Association Sandeep Sahni says, is the lack of a development plan for Mussoorie. It is not for the politicians and administrators to impose their views on us. It is for us to say how we want Mussoorie to grow. This is what our City Board did in the past. Our elected representatives controlled everything in our town and were rated as extremely caring and self-reliant guardians of our domain. We even supplied virtual run-of-the-river hydroelectricity to Mussoorie, Rajpur, Dehradun and Clement town.

This brings us to the most critical point in this analysis of the ominous portents that seem to be rising on the horizon of Mussoorie. The element which led to the destruction of Joshimath was water -- its precipitation, flow, accumulation, effects on the soil and destructive force. This has been brought out superbly in Indic itihās: the story of the descent of the Ganga. When a great flood deluged the Himalayas, it might have destroyed the earth. Lord Shiva, deity of the mountains, uncoupled his tangled locks and tamed this



destructive deluge, releasing only so much of it as was needed to irrigate the earth. This is a superb allegory for the role of the forests of the Himalayas in preserving the hydrology of India's monsoon and recharging our mighty rivers and aquifers.

Besides the fact that enormous reservoirs of ice and snow are held by our endangered Himalayan forests and glaciers, our mountains are the youngest in the world. This third polar region is growing; it is being thrust higher and higher into the sky at the rate of 5 cm a year. The ecological web of life of our mountains has evolved to adjust to this slow ascent, but human activities have not. The enormous weather cycle of the monsoon has become a part of this cyclic storm, but when human development enters the scene, the ecology does not have the time to adjust. The old grey-gravel, bajri roads permitted water to filter down through our limestone slopes and recharge our aquifers, feeding the springs on which our town depends. Cement roads force rain, hail, grapple and snow to run off. With no drainage channels, they accumulate in our limestone slopes, causing them to bulge and, eventually, burst as destructive landslides. This is what happened in Joshimath. Over-construction blocked natural drainage, landslides happened, and the very foundations of the town collapsed.

So far, the overbuilding in

Mussoorie has not had that effect, thanks to its forest cover, but this protective greenery is also endangered by some politicians, who see our forests as potential sources of personal wealth, or are led to believe that the faster a visitor completes his journey, the happier he will feel.

The planned tunnel below Mussoorie is dangerous because it can damage the foundations of our town. The proposed ropeway from Dehradun to Mussoorie is another disaster in the making.

Curiously, the ecological and financial impact has remained a closely-guarded secret. Are the citizens who pay for these projects not entitled to know how they will benefit? And also, why has not a risk assessment of their impact being revealed? In Joshimath, the construction of both the ropeway and the tunnel has been stopped and so too has road development. Roads, unless carefully planned, alter the natural flow of rainwater. Besides, they add to the load on the hillside. When traffic is held up on a mountain road, the burden on it increases as if as many boulders of the size and weight of each vehicle had tumbled on the road.

Do road builders allow for such additional static burden on the roads? And is this the reason why we have such frequent landslides on the Mussoorie-Dehradun road? Overbuilding plagues Mussoorie, but much of it happens beyond the reach of the municipality. A signif-

icant number of constructions are seen on the Mussoorie-Dehradun highway. Many of these constructions are called 'Maggi Points' after a popular brand of instant noodles. Many, nowadays, cater to a new social phenomenon. It is a trend which has grown because youthful expectations are anathema to their conservative parents. Relationships in the western world have evolved through dating to intimacy on the back seat of cars, to living together. Our youth see such glimpses of these relationships on their smartphones and other media.

They know that parental sanction is out of the question. Many 'Maggi Points' cater to this need. In deliberately flaunting conservative taboos, the 'Maggi Point' owners are often tempted to take structural risks since they never know when their establishments will be shut down.

In contrast, Uttarakhand is uniquely positioned to develop boutique education and gourmet foods.

High value, low bulk and exclusive. Then there are opportunities in ghost villages, crop-damaging animals, the need to develop and publicise high-altitude produce and, most essentially, remote villages' accessibility to healthcare, education and the market. There are solutions to all these problems if only we do not take the quick-fix route that led to the disaster of Joshimath.

Civil society and the night of January 16

RAMU DAMODARAN

IN the television series The Office, Michael Scott speaks about not being "superstitious, but a little stitious." It's in that spirit of good omen that the kick-off of the 2023 'Civil 20' process can be framed. It will be tonight, the night of January 16; those of us young enough to remember Ayn Rand will recall her play that name, a play whose conclusion was determined at each performance by the votes of members of the audience, a vote that represented, in essence, a choice between individualism and conformity.

'Civil 20' or 'C20' is one of the 'engagement groups' of the G20, which India chairs this year, with the focus on bringing ideas and ambitions of civil society organisations (CSOs) into the discussions and outcome of the collective political processes by the world's largest economies, accounting for 80 per cent of the gross world product created by two-thirds of the global population. Initiated at the 2013 G20, chaired by Russia, C20 came into being the year after the largest global manifestation of civil society aspiration and articulation at the 2012 United Nations Sustainable Development Conference in Rio de Janeiro which initiated a process that was to lead to the definition of the Sustainable Development Goals three years later, goals which, while drafted and endorsed by every government, could well have been crafted by civil society organisations themselves.

"You are the light" is the simple and elegant tagline of C20 India, phrased by Mata Amritanandamayi (Amma), a spiritual and humanitarian leader, who has been designat-



ed its Chair. It is a straightforward, unambiguous assertion of fact, not a peremptory injunction as, say, "Be the Light" would have been. Because CSOs have proven themselves illuminators of the paths before us, some tested, some dangerous, some untrod. Historically, their actions have often spoken more eloquently than the words of governments. At times, this has prompted a relationship adversarial, but this would seem a time when, to return to 'The Night of January 16', a process can begin which celebrates individualism and personal creativity while affirming conformity, not to tired practice, or even to each other, but to the energy of commonly visualised possibilities.

We have worked together before. In Saudi Arabia, which hosted the C20 in 2020, the King Khalid Foundation researched instances of abuse of women and children and proposed the elements of a law to address these; the national government translated those proposals into binding legislation. In Brazil, host to the 2024 G20, CSOs collected more than six million signatures to ensure the inclusion of a section establishing human rights for boys and girls in the 1988 Federal Constitution. Closer home, Rambhau Mhalgi Prabodhini -- which is also the Secretariat of the 2023 C20 -- has, for more than 40 years, provided training programmes for those who will frame the laws by which we are governed, including

members of Parliament and legislative Assemblies.

But these are also pointers to the possibilities of, in the words of the Canadian CSO, WaterAid, a "monumental shift in ambition and approach." Yes, the Sustainable Development Goals offer a necessary and realisable minimum, which were certainly revolutionary when they were first defined, acknowledging an international responsibility of national governments to their peoples. Working collaboratively on their remarkable foundation, governments and CSOs can do much, much more. As our planet and its species age, our sense of adventure and daring diminish, and our threshold of satisfaction often extends to little more than survival. The achievements and discoveries that enhance our lives are attained by a small minority with their advantages shared by a vast majority, a majority that lives in the third person. It is time we restored to the majority the capacity to truly live in the first person, to thrive and not just survive, summoning imagination and practical action arising from the exhilaration of shared ideas, shared agendas, shared opportunities, a sharing of the light each one of us is in a resurgent renaissance of human flourishing. That is the true possibility of C20 India. Amma is supported by an energetic Sherpa, Ambassador Vijay Nambiar, who was senior adviser to the United Nations Secretary-General as the world radiated from the twilight of the Millennium Development Goals to the molten sunrise of those for Sustainable Development. We also have a troika of the current and immediate past and future Chairs of the G20. Indonesia, the 2022

Chair, is represented by the Executive Director of Perkumpulan Prakarsa, Ah Maftuchan, who has energised CSOs to support the government in its deployment of vaccines and health workers to stem the pandemic, summoning their capacity "to organise, provide food and drink, to the location of vaccination." Alessandra Nilo who co-founded Gestos, a CSO addressing HIV and AIDS in Brazil, has worked with her government on national delegations to UN deliberations on the subject, bringing practice to parchment. The 2023 Chair is represented by Swami Amritsarwanandana, President, Amrita Vishwa Vidyapeetham, an institution which has received national government approval to develop a synthetic bone graft which provides a first-of-its-kind solution in the world for patients who lose part of their lower jaw through cancer, injury or trauma, recapturing them, if you will, with the ability to excel.

January 16 brings to mind another anniversary, the day in 1969 that a young Czech student, Jan Palach, immolated himself in Prague in protest against the suppression of his country's then nascent democracy with the invasion of Soviet troops and the brutal end that put to possible reform. It is an anniversary that reminds us of how much we take for granted, including the regular punctuation point every five years where the democratically elected leader of the democratically elected largest party in Parliament is entrusted with the care of our nation, a care that can only be furthered with the daring and vigilant support of a civil society which seeks nothing less than the full flourishing of each individual.

"Mera Bharat Mahaan," Says SS Rajamouli After RRR's Big Win At Critics Choice Awards

Director SS Rajamouli is currently enjoying the grand success of his magnum opus film 'RRR' as after winning the prestigious Golden Globe award, the film has bagged two more awards at the 28th edition of the Critics Choice Awards.

On Monday, team 'RRR' took to their Twitter account and shared a video in which SS Rajamouli could be seen giving his winning speech at the award ceremony held in Los Angeles.

Sharing the video the team wrote, "RRR won the BEST FOREIGN LANGUAGE FILM award at the #CriticsChoiceAwards Here's @ssrajamouli acceptance speech! MERA BHARATH MAHAAN #RRRMovie."

While accepting the honour, SS Rajamouli said in the video,



"To all the women in my life, my mother Rajnandani, she thought school education was overrated and she encouraged me to read comics and story books and she

encouraged my creativity. My sister-in-law Sreevalli, who became like a mother to me, she always encourages me to be the best version of myself."

The 'Baahubali' director also talked about his wife and his daughters at the award ceremony. "My wife Rama, she is a costume designer of my films but more than that she is the designer of my life. If she is not there, I am not here today. To my daughters, they don't do anything, just their smile is enough to light my life up," he said.

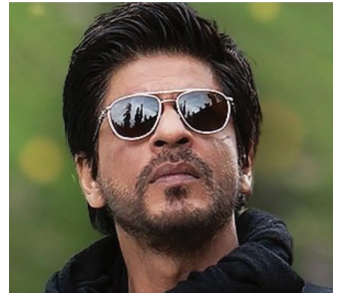
Before signing out, the director said, "Finally to my motherland, India, Bharat, Mera Bharat Mahan, Jai Hind. Thank you."

'RRR' bagged the Critics' choice award in the Best Foreign Film and the Best Song category.

RRR is a fictional story based on the lives of two Telugu freedom fighters, Alluri Seetharama Raju and Komaram Bheem. Ram Charan and Jr NTR played lead roles, respectively. The film collected over ₹ 1,200 crore worldwide.

Alia Bhatt, Ajay Devgn and Shriya Saran also starred in the film.

Shah Rukh Khan poses happily with crew members of Pathaan as they lift him, fans call it 'cute'



Rajiv Ashar, the assistant director of Pathaan took to an unseen picture with Shah Rukh Khan. Shah Rukh was lifted by the crew members of the movie on the sets of Pathaan. The team of the movie was all smiles as they posed for the camera, where Shah Rukh flashed his dimpled smile. His fans were in awe and dropped messages in the comment section.

The group picture featured director Siddharth Anand, Shrey Mathur, Nishit Bhatia, Amit Mishra among others. All of them lifted Shah Rukh as they posed for the camera in an outdoor location.

Shah Rukh Khan was in Dubai to promote upcoming film Pathaan and witnessed film's trailer on the world's tallest building Burj Khalifa on Saturday. He also performed the Pathaan hookstep from the song Jhoomo Jo Pathaan and also said a few lines from the film.

Pathaan is directed by Siddharth Anand, also stars Deepika Padukone, John Abraham, Dimple Kapadia, Ashutosh Rana. It is slated to release in theatres worldwide on January 25, marking Shah Rukh's return to the silver screen after four years. He was last seen in Zero in 2018 with Katrina Kaif and Anushka Sharma.

Sharing the photo on Instagram, Rajiv wrote, "Yeh naam kyun pada, kaise pada, iske liye thoda intezaar kijiye" #JALDI MILTE HAI..# PATHAAN SE!!! (Why we chose this name, how we chose this, to know answers to these questions, you have to wait for a bit. Will meet Pathaan soon.) (bicep, fire and tornado emoji) 25th January

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'BIGG BOSS 16': Fans Troll Male Contestants For Cuss Words But Put A Female On Pedestal If They Do The Same

It is 2023 and social media is where we choose to spend the maximum time on. We read news items like women being subjected to crimes and loathe hard and at the same time we make memes and laugh where a man comes out as a victim.

In a world where the meaning of feminism is lost, rather misused to belittle the other gender, the true essence of equality is missing.

'Bigg Boss' is the biggest example currently. When a female contestant cries, there are headlines on how she broke down and every-

one sympathises with her. When Nimrit started the conversation on her mental health and breakdown, she found the support inside the house as well as outside.

Whereas when Shalin spoke about his mental health, everyone was quick to judge him and call him fake, more so his tears won him the title of a good actor.

When a man uses cuss words, he is reprimanded, his upbringing questioned but the same if a woman does, she's touted as someone who takes a stand for herself.

Chiranjeevi shares video of kid dancing to Waltair Veerayya song: 'Poonakalu Loading looks set for next generation'

Actor Chiranjeevi's latest release Waltair Veerayya, which registered a good opening at the box office, is running successfully in cinemas. On Sunday, Chiranjeevi took to Twitter to share a video of a two-year-old dancing his heart out to a song from his film inside the theatre.

Chiranjeevi described it as 'bundle of joy'. He added that with such young fans, the song Poonakalu Loading has worked its magic on the next generation as well. Social media is full of videos of fans going berserk over the song in theatres. Chiranjeevi posted the video and wrote, "What a bundle of joy (heart



eyes emoji). With Rocking Tiny Fans like these Poonakalu Loading looks set for Next generation too (smiling emoji). @RaviTeja_offl @dirbobby @MythriOfficial @ThisIsDSP."

Reacting to the video, several fans left their comments. Most have unanimously agreed that the song has reached where it has to. One Twitter user wrote: "Super. It reached where it has to (sic)." On Saturday, Chiranjeevi spoke about the

video at the success meet of the film. He said with such young fans like this kid, he's set for another 20 years.

Directed by Bobby Kolli, Waltair Veerayya features Chiranjeevi in the role of a fisherman who helps a local police officer in nabbing an infamous drug peddler, who escapes from police custody and flees to Malaysia. The film also stars Ravi Teja in a key role. The film has music by Devi Sri Prasad. The song Poonakalu Loading is one of the most popular numbers from the album.

The film registered a solid opening on the first weekend at the box office. As per the box

office tracking portal, Andhra Box Office, the film has grossed ₹96.2 crore worldwide. Sharing the numbers, a tweet from Andhra Box Office read: "Chiru is back with a bang (sic)."

Waltair Veerayya is Bobby's fan service to Chiranjeevi's stardom and it has the star in his element, doing pretty much everything he's expected of. The film also stars Shruti Haasan, Bobby Simha, and Pooja Raj in key roles. The film is the first big release of 2023. Produced by Naveen Yeneni, Y Ravi Shankar and co-produced by G K Mohan, under the banner, Mythri Movie Makers, the film released on January 13.

Tejasswi Prakash says women relying on men for investments is 'stupid'

Tejasswi Prakash has called women relying on men for financial advice, 'stupid', and asserted the need for women to be independent enough so that they can take the decisions necessary in life, whenever needed. Tejasswi is currently seen in Ekta Kapoor's supernatural TV show Naagin 6.

When Tejasswi bought a new home last year in Goa, rumours first claimed she and her boyfriend Karan Kundra were planning to move in together in a place that he bought. Later, reports suggested it was a joint property. Karan had to finally tweet and clarify that it was Tejasswi's property. "Nope sweetie... Tejasswi did... it's not the Middle Ages you know... she walks ahead of me not behind me... you should try it too," he had responded to a tweet claiming he bought it.

When told that women often rely on fathers, husbands, and brothers to make investments



for them, Tejasswi told CurlyTales in an interview, "I think that's just stupid. I am big

on investments. I am a trader, and I trade mostly equity. Sometimes in options and

futures. I feel like it doesn't just involve guesswork but it involves a lot of studies. So, I

have studied. I have had a course. I am aware of the fact that you cannot completely rely on an industry like mine. Especially for the kind of workaholic that I am." "I think a girl should be independent enough. Tomorrow, never call somebody else for financial help and if ever she decides to leave she should not go back to a dependent house but to her own place.

I want to go to a place which is mine. As a woman, as a mother, as a wife, as a sister you should have an independent place because phir ek tarah ka self respect aa sakta hai, ki agar apni koi cheez bardasht na ho sake, to apne logo ko uss situation se leke bahar nikal jao (Then you gain self respect that if tomorrow you cannot tolerate something, you can take your people and leave the situation)," she added. Later, Tejasswi and Karan both bought a flat each (worth ₹2 crore) in Dubai's City of Gold, according to an Indian Express report.

Rupali Ganguly touches veteran journalist's feet upon meeting at event, fans react 'success has not changed her'

Actor Rupali Ganguly is winning hearts on the internet after a video of her from an event surfaced online. At Expandable Awards, the Anupamaa star seemingly handed over an award to veteran journalist Chaitanya Padukone. After giving him the award, she touched his feet and reminded fans of her red character.

At the event, Rupali wore a purple shimmery saree. In the video, she bent down to touch

the journalist's feet and sought his blessings. In response, Chaitanya looked overwhelmed. The video has been shared by a paparazzi account.

Reacting to it, a user wrote in the comment section, "Rupali is very down to earth. Success has not changed her because her upbringing was in Anil Ganguly's house... such an amazing director... full of positivity. I have seen all his movies in my growing up days and it all starts from there for



sure." "Ise bolte hain Asli Sanskaar (this is called true culture)," added another one. Someone else also commented, "That's why Rupali maa is so successful and well known, down to earth and never leave her root." In the comment section, director Ram Kamal Mukherjee called Rupali 'grace' <https://static.toiimg.com/photo/89961993.cms?imgsize=28224>Rupali started her acting career as a child artist and later, as a lead, rose to fame as Monisha Sarabhai in the TV Show Sarabhai vs

Sarabhai, which also starred Ratna Pathak Shah. She went on to star in TV shows like Baa Bahoo Aur Baby and Parvarish - Kuchh Khattee Kuchh Meethi. Currently, Rupali is playing the lead role of a Gujarati homemaker, Anupamaa on the television show Anupamaa. It airs on Star Plus and is among the most popular serials. Talking about the show, Rupali recently expressed her opinions on fans complaining about her lengthy

monologues in the show. She told Pinkvilla, "Fans ki baatein sar aankhon par (I will always keep my fans' concerns at the top). My makers know very well what they are trying to convey through Anupamaa. Whatever his (producer Rajan Shahi's) vision, I will try and do it with my utmost conviction and portray whatever he has visualised for Anupamaa to do. I will do it with my utmost capability and abilities."

HY CHOCOLATE FEELS SO GOOD: IT IS ALL DOWN TO LUBRICATION

By analysing each of the steps, the interdisciplinary research team at the University of Leeds hope it will lead to the development of a new generation of luxury chocolates that will have the same feel and texture but will be healthier to consume.

During the moments it is in the mouth, the chocolate sensation arises from the way the chocolate is lubricated, either from ingredients in the chocolate itself or from saliva or a combination of the two.

Fat plays a key function almost immediately when a piece of chocolate is in contact with the tongue. After that, solid cocoa particles are released and they become important in terms of the tactile sensation, so fat deeper inside the chocolate plays a rather limited role and could be reduced without having an impact on the feel or sensation of chocolate.

Anwasha Sarkar, Professor of Colloids and Surfaces in the School of Food Science and Nutrition at Leeds, said: "Lubrication science gives mechanistic insights into how food actually feels in the mouth. You can use that knowledge to design food with better taste, texture or health benefits."

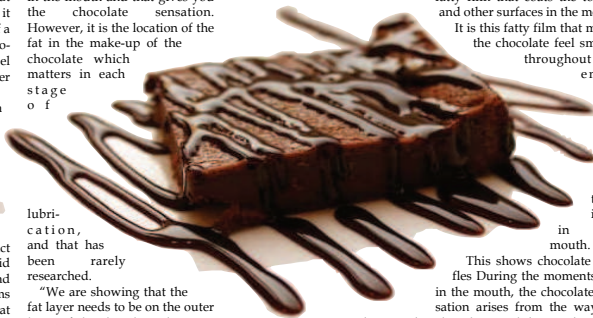
"If a chocolate has 5% fat or 50% fat it will still form droplets in the mouth and that gives you the chocolate sensation. However, it is the location of the fat in the make-up of the chocolate which matters in each stage of lubrication, and that has been rarely researched."

"We are showing that the fat layer needs to be on the outer layer of the chocolate, this matters the most, followed by effective coating of the cocoa particles by fat, these help to make chocolate feel so good."

The study - published in the scientific journal ACS Applied Materials and Interface - did not investigate the question of how chocolate tastes. Instead, the investigation focused on its feel and texture.

Tests were conducted using a luxury brand of dark chocolate on an artificial 3D tongue-like

surface that was designed at the University of Leeds. The



researchers used analytical techniques from a field of engineering called tribology to conduct the study, which included in situ imaging.

Tribology is about how surfaces and fluids interact, the levels of friction between them and the role of lubrication: in this case, saliva or liquids from the chocolate.

Those mechanisms are all happening in the mouth when chocolate is eaten.

When chocolate is in contact with the tongue, it releases a fatty film that coats the tongue and other surfaces in the mouth. It is this fatty film that makes the chocolate feel smooth throughout the entire

time it is in the mouth.

"Our research opens the possibility that manufacturers can intelligently design dark chocolate to reduce the overall fat content."

"We believe dark chocolate can be produced in a gradient-layered architecture with fat covering the surface of chocolates and particles to offer the sought after self-indulging experience without adding too much fat inside the body of the chocolate."

Revenue from chocolate sales in the UK is forecast to grow over the next five years, according to research from the business intelligence agency MINTEL. Sales are expected to grow 13% between 2022 and 2027 to reach £6.6 billion.

The researchers believe the physical techniques used in the study could be applied to the investigation of other foodstuffs that undergo a phase change, where a substance is transformed from a solid to a liquid, such as ice-cream, margarine or cheese.

Funding: This project received funding from the European Research Council under the European Union's Horizon 2020 research and innovation programme.

Huge Study Reveals 4 Eating Patterns Linked to Lower Risk of Early Death



There's a lot of dietary advice out there, but the science that links food and health isn't always clear-cut. A new study on the topic is one of the most comprehensive to date and has identified four eating patterns associated with lower mortality risk.

Analyzing the eating patterns of 119,315 people over 36 years, researchers compared those patterns with four sets of recognized healthy dietary regimens: the Healthy Eating Index, the Alternate Mediterranean Diet, the Healthful Plant-based Diet Index, and the Alternate Healthy Eating Index.

Sticking closely to at least one of these patterns reduced the risk of premature death by any cause and cardiovascular disease, cancer, and respiratory disease, the study showed. While the diets differ, they all include whole grains, fruits, vegetables, nuts, and legumes.

That matches the official Dietary Guidelines for Americans (DGAs), the researchers note - guidelines that recommend multiple healthy eating patterns to suit individual preferences, cultures, and health needs and offer a host of tips on eating in a way that doesn't harm our bodies.

"The Dietary Guidelines for Americans are intended to provide science-based dietary advice that promotes good health and reduces major chronic diseases," says Frank Hu, a nutritional epidemiologist from the Harvard TH Chan School of Public Health in Massachusetts.

"Thus, it is critical to evaluate the associations between DGAs-recommended dietary patterns and long-term health outcomes, especially mortality."

The Healthy Eating Index, for example, provides recommended amounts across all the main food groups, including fruits, vegetables, and dairy. The Alternate Mediterranean Diet score is comprehensive, taking in data on fruits, fish, nuts, alcohol, and more.

Then there's the Healthful Plant-based Diet Index, which ranks healthy plant-based foods (like vegetables and whole grains) against unhealthy plant-based foods (such as refined grains and high-sugar foods) and animal-based foods.

Finally, the Alternate Healthy Eating Index takes in everything from vegetables to sugary drinks, mainly how this links with chronic disease.

As per the results from this latest study, it's an excellent idea to start following at least one of these approaches.

"It is important to evaluate adherence to DGAs-recommended eating patterns and health outcomes, including mortality, so that timely updates can be made," says Hu.

While the research can't definitively say that these specific dietary habits are causing longer life - and it relies on self-reported data rather than anything scientifically logged - the association is clear enough to demonstrate the health benefits of eating well.

As noted by the Dietary Guidelines for Americans, 6 in 10 adults in the US are living with at least one chronic disease related to their diet. Meanwhile, adherence to these guidelines hasn't improved much over recent years.

There is no shortage of studies looking at diet and health, though recommendations can vary depending on age and how we're built.

Skipping Meals And Shorter Meal Intervals Linked To Higher Mortality Risk, Claims Study

Many a time, a hectic lifestyle and the urge to lose weight compels people to skip meals. While it may seem inconsequential at first, going too long between meals can have some serious

health consequences in the long run. Food powers every system in our bodies, so every part of the body is affected when you skip a meal. A new study has suggested that going without one of the standard three meals a day might have serious implications, Science Alert reported.

Those who skip breakfast are at an increased risk of cardiovascular disease-associated death.

day, a meal interval of fewer than 4.5 hours in two adjacent meals was associated with higher all-cause mortality.

"Our research revealed that individuals eating only one meal a day are more likely to die than

those who had more daily meals. Based on these findings, we recommend eating at least two to three meals spread throughout the day," said epidemiologist Yangbo Sun from the University of Tennessee.

The study also noted that people who smoked more, drank more alcohol, were more food insecure, who ate less nutritious food and had more snacks, are the ones more likely to skip meals.

"Our research contributes much-needed evidence about the association between eating behaviours and mortality in the



context of meal timing and duration of the daily prandial [meal] period," epidemiologist Wei Bao from the University of Iowa added.

The study attributes factors like working hours, time pressures, poverty, different dieting, and

fasting approach, as the common reasons behind people not opting to eat three meals a day.

Post a comment

Skipping meals could also hurt a person's mental well-being, and highly impact cognitive functions ranging from attention to prob-

lem-solving. Another study published by Cambridge University Press in 2019 showed that people who skipped meals were more likely to develop mood disorders. Missing a meal can cause blood sugar to crash and lead to mood swings.

TAKE A LEAF OUT I'm a nutritionist and I bet you've been dieting all wrong - is your salad a 'fat trap'?

"Salads can be really nutritious and a great way to up your plant intake; however not all salads are created equal," says Sophie Bertrand a Registered Nutritionist and author of Forking Wellness.

Dressings can pack in calories as well as additional saturated fat and extra salt.

Rob Hobson, Head of Nutrition at Healthspan Elite, says creamy Caesar salad dressings are filled with calories and fat as are ranch-based dressings.

He says: "If your dressing comes on the side, then swerve it and instead add your own."

"Try a drizzle of olive oil with vinegar or some lemon juice." Crunchy, crispy croutons, while delicious, are essentially cubes of fried bread.

Give these a miss and instead toast half a pitta for some crunch.

Not sure what to look for when buying a salad? Or, what to include when making your own?

For a well balanced, filling salad (that won't leave you reaching for the biscuit tin half an hour later), Sophie says it's best to look for a protein source (such as beans, cheese, nuts or chicken), essential fats, such as avocado and olive oil, and some whole grain carbs like brown rice, quinoa and wholegrain pasta.

"I so often see a bowl of leaves and that really isn't going to energise or satisfy you," says Sophie.

She adds that some pre-made salads may also contain added bacon which is quite a fatty meat.

Can't turn down some crispy bacon? Keep your portion controlled and avoid having this every time.

GRANOLA A breakfast favourite, crunchy granola is full of goodness; dried fruit, oats, honey... what's so bad?

Truth is, most granolas are high in sugar. From the binding ingredient (such as honey) as



well as dried fruits, which are sugary.

The nuts used in granola also pack in a lot of fat and often, a portion of granola can include a considerable amount of nuts, meaning a fair amount of fat.

It's also worth noting that a portion of granola tends to be around 30g, considerably less than the portion you might pour for yourself.

Check the ingredients list on packet granola; if one of the first

ingredients is sugar, Sophie explains this means that the majority of that product is made up of sugar.

The word 'sugar' may not necessarily be so obvious. Other types of sugar such as honey will likely be listed instead. Or even maple syrup.

However, don't be fooled into thinking that maple syrup is a healthier alternative.

"People often think ingredients such as coconut sugar or

maple syrup are 'healthier' sugar alternatives.

"But the truth is sugar is sugar and things like honey and maple syrup are metabolised in the same way," says Sophie.

Sophie suggests blending your own oats and mixed nuts at home and enjoying it with some Greek yoghurt for a more nutritious breakfast that still offers a delicious crunch!

It's also worth remembering that granola tends to contain very little to no protein.

Rob explains: "If you're on a weight loss mission, studies have proven that protein at breakfast can help support a healthy weight loss. To make your granola a little more protein packed, try making it with protein powder, or have a small portion alongside a couple of boiled eggs."

SOUPS A staple during the winter months, soups offer a great way to keep warm, stay hydrated and pack in nutrients.

However, ready made soups

can often contain a lot of added salt, according to Sophie.

"If it contains more than 1.5g of salt per 100g it is considered high in salt," she says.

Check the label before buying and opt for low salt/low sodium soups. Not only does salt contribute to water retention (aka bloating), but research has found higher sodium diets tend to be linked to weight gain.

Sophie explains that pre-made soups can sometimes lack protein too. "Try adding some beans or cheese and enjoying with a side of nuts to help increase satiety and keep you going throughout the day," says Sophie.

Or whip up a chicken soup (great during cold and flu season), for a protein-filled dinner. Sophie says you can't beat homemade soup: "Use your leftover veggies and mix everything up in a pan with some tinned tomatoes. It's super easy and a great way to pack in the veg." Add some chicken for extra protein.

Want a creamy soup without the calorific, high fat content? Pureed potatoes or even chickpeas can offer a creamy consistency while also packing in fibre and other nutrients.

PORRIDGE A warming winter breakfast, homemade porridge with oats and skimmed milk is a tasty way to keep full till lunch, however, there are now many pre-made porridges on the market.

These are often filled with nasties that won't do your waistline any favours.

"Again, things like honey and maple syrup are just the same as your average sugar," says Sophie, who explains these are often added to pre-made porridge pots. "Porridge is typically made with oats and water or milk but ready made ones may contain extra sugar so check the ingredients list."

"You can make your own nutritious porridge on the stove top with oats and milk or water and then add some fruit for some natural sweetness and antioxidants."

AAP protests against eviction of poor farmers from their marginal land holdings

BJP leaders treating State land as their father's fiefdom : Harsh Dev



JJ NEWS SERVICE
CHENANI, JAN 16: Infuriated over the eviction of poor and marginalized farmers besides bulldozing of their houses, a contingent of AAP activists spearheaded by Mr. Harash Dev Singh Former Minister and Chairman SCC staged a thunderous protest demonstration in Chenani today. The protesters raised anti-govt and anti-BJP slogans and accused the govt. of harassing and persecuting the downtrodden on the pretext of encroachments and retrieval of state and forest lands in the erstwhile State of J&K. Addressing the media, Mr. Harash Dev Singh said while the indigent farmers, the poor and the hapless in J&K are being evicted from their marginal land holdings in the name of anti-encroachment drive, the corrupt leaders and bureaucrats including BJP ex-Ministers and legislators continue to treat state and forest lands as their father's fiefdom. They are openly raising palatial buildings on such lands with active support of the officials of revenue, forests and local

bodies, Harsh said. He rued that the move of the govt to divest the poor farmers and agriculturalists of their lands and work places was not loathsome but sinful. "The poor farmers at the upper reaches in the hinterland have made the land worth cultivation with their sweat and blood. These marginal land holdings are the only source of their bread and butter and by evicting them from their lands, the J&K administration has forced the poor and downtrodden farmers to face starvation and other miseries. The BJP govt is pro-rich and anti-poor which shall pay heavy price for its sins in the days to come", anguished Harsh divulged. Rebuking the govt for being callous and ruthless, Mr. Singh said that the obnoxious move of the J&K administration to rob the people of their lands and homes would displace thousands of innocent and poor to languish under open skies in this harsh winter all across the UT. "The present regime instead of rehabilitating the landless people and addressing the

grievances of the poor and the destitute which are one of its prime responsibilities, has rancorously resorted to evict the marginalized people from their holdings besides razing their houses to the ground. Mr. Singh while exhorting the govt. sought immediate relief and rehabilitation for the poor farmers who have been rendered homeless by the administration. "We shall not tolerate any move which is anti-people, anti-poor and inhumane in nature. We will continue to vociferously raise the voice of the poor until they are delivered justice to live with dignity and honour", Harsh roared. Holding BJP's proxy rule in J&K culpable for its double standards and running two sets of laws in J&K, Mr. Harsh Dev Singh said while the govt has pressed its JCB's to bulldoze the houses of the poor and marginalized farmers, it has turned a blind eye over the continued stay of BJP leaders in Estates Bungalows despite their eviction orders having been issued by the High Court. "And while opposition leaders have been evicted, the BJP workers having no official authority are allowed to hold palatial mansions including ministerial bungalows in view of dual standards of the present regime. Strange that even the Vigilante Organizations and Anti Corruption bodies have buried their heads in sand and failed to take cognizance of blatant irregularities committed by the corrupt officers-BJP leaders' nexus", asserted Singh.

Apni Party holds protest against PDD in Vijaypur

PDD sending huge bills to people amid hours long unscheduled power cuts: Manjit Singh



JJ NEWS SERVICE
JAMMU, JAN 16: Apni Party today protested against PDD for unscheduled power cuts in front of SDM Office in Vijaypur and presented a memorandum of demands to the authorities for redressal of their issues. The protest was led by Provincial President, Jammu and Former Minister, S. Manjit Singh, the Apni Party leaders and workers assembled outside the SDM Office, Vijaypur.

They were shouting slogans against the PDD for failing to supply electricity round the clock. They demanded that Vijaypur and border villages have been forced to face unscheduled power cuts. "The PDD is charging huge bills from the people in Vijaypur and in response they have not provided them with electricity. The people are getting huge electricity bills without electricity", he said. He warned that the people should

not be forced to come on the roads and demanded that the PDD should ensure round the clock electricity to the people in Vijaypur. The common masses, farmers, and business men are equally suffering due to the inefficiency of the PDD department, he added. The Former Minister submitted a memorandum to the SDM Vijaypur and demanded that the demands of the people should be accepted and to ensure proper electricity supply. Prominent among those who participated in the protest include Raman Thapa District President Samba, Bachan Choudhary Block President Kamgarh, Captain Mohan Lal Sharma Block President Vijaypur, Adv Sahil Bhatti Dist President Legal Wing Samba, Mangat Ram Dist President Youth Wing, Lovely Mangol, Nikki Mahajan ex-Chairman Municipal Committee Vijaypur, Bharat Bushan Beopar Mandal President Vijaypur, Captain Joginder Lal Sarpanch Vijaypur, Ravi Kumar Corporator Ward Number 13 and others.

Massive Protests across J&K over recruitment scams, YAC alleged exam leak in JKPSI Re-Exam

JJ NEWS SERVICE
JAMMU, JAN 16: Massive protest erupts almost in all districts of J&K by Youth against various recruitment scams in J&K. In Jammu hundreds of youth gathered at Press Club to protest against JKSSB, UT Administration and Center Government over repeated recruitment scams. The protests across Jammu and Kashmir were held under the banner of Youth Against Corruption.



Addressing the media persons in Jammu, Vinkal Sharma leveled serious allegations on Jammu Kashmir Service Selection Board, Jammu Kashmir Union Territory Administration and Center Government over their failure to maintain transparency and to conduct government recruitment successfully. He said JKSSB has learnt nothing from its prior frauds which again hired a blacklisted company which is indulged in malpractices over more than 10 recruitment exams conducted in various states. He said we approached JKSSB to not lend our recruitments in the hands of a private tainted firm but they unheard our plea. He said when aspirants approached the High Court and historical judgement was passed in our favor against the company, the whole JKUT Administration went to the

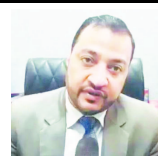
Double Bench to bring a stay on the judgement. He alleged that JKUT Administration instead of standing with youth they protected a tainted firm. Vinkal further said that the answer key which was supposed to be released on 30th December as per notification of JKSSB went viral on whatsapp on 28th of December. He said that if we study the previous pattern of paper leak by this tainted firm they have repeated the same instance. Because the answer key of CBT Exams is made along with the question paper and there is every possible chance that the answer key was leaked to those who paid a hefty amount for the paper. He alleged that there are high chances the paper was again leaked and aspirants are having many inputs regarding the same.

Kartik Bhagat speaking to the media persons, aspirants raised several questions on the integrity of JKUT Administration and CBI. He said last year when we were on roads raising our voice against exam scams, Manon Sinha, Lieutenant Governor assured that no culprit will be spared and strict action will be taken on those involved in ruining the career of more than 2 lakh aspirants. But till date both JKUT Administration and CBI failed to ensure justice with all aspirants. He said all accused aspirants who were willingly part of the exam scams were again allowed to appear in the re-exam. He said the CBI failed to recover the money involved in the scam and only a handful of middlemen were arrested for eyewash.

Transform VDCs into formidable force to curb terrorism: Nitish

Seeks further strengthening by providing latest weaponry

JJ NEWS SERVICE
JAMMU, JAN 16: Nitish Mahajan, State Executive Member Bharatiya Janata Party (BJP) Jammu and Kashmir has demanded the strengthening of VDCs across the Jammu province right from Lakhnapur to Poonch and Rajouri districts in view of the recent selective killings in Jammu Province. In a statement issued to media here today, the senior BJP leader said that target killings having come to fore in Jammu province at Dhangri in



Rajouri is a clear indication of this ugly monster spreading its tentacles beyond Kashmir. The matter needs to be dealt with utmost seriousness at the very outset. He emphasized that VDCs have a crucial

role to play in deterring the terrorists from striking at will and in case of any such attacks the terrorists are kept engaged by the VDCs in combat till arrival of the regular security forces. Nitish Mahajan asserted that the past experience also reveals the gigantic role of VDCs in combating the terrorists. He said that the sprouting of terrorists in J&K cannot stop totally as they are being nurtured and infiltrated unabated by the rogue neighbour Pakistan and it becomes

inevitable to prepare the VDCs for giving a deadly blow to terrorists daring to strike at the innocent people especially in the far flung areas of Jammu Province. The senior BJP leader asserted that it is necessary to strengthen the VDCs by providing latest weaponry to its members and transforming these into formidable force to reckon with. He said that this will definitely go a long way in curbing terrorism in vulnerable areas of Jammu province.

JKBJP ST Morcha hold state office bearer meet

JJ NEWS SERVICE
JAMMU, JAN 16: BJP ST Morcha held meeting of it is a state office barriers meeting at party hq Trikuta Nagar Jammu under the chairmanship of President JK BJP ST morcha Choudhary Roshan Hussain All Morcha in charge Manish Sharma and National Secretary ST Morcha Ch Mushtaq Inqulabi attend the meeting as Chief Guest at Party HQ Jammu.



All the state office barriers including State Gen. Secretaries, State Vice President, State Secretaries and other office barriers attend the meeting. Ch Roshan ask to Party office barriers to strengthen the party at the grassroots levels. Manish Sharma said that we are committed for the development of Tribals of Jammu and Kashmir we

should follow the protocol of the party. Said Manish Sharma. At the end Ch Mushtaq Inqulabi National Secretary BJP ST Morcha said the all the office barriers should

use the social media platforms and go through in public to discuss all the project and developmental program for the welfare of the people of Jammu and Kashmir.

Five-day 2nd Theatre Carnival opens with Punjabi Play Dushman



JJ NEWS SERVICE
JAMMU, JAN 16: Organized by Natraj Natya Kunj and supported by the Ministry of Culture, Government of India, Indian Council For Cultural Relations J&K, Jammu & Kashmir Academy Of Art Culture & Languages, Punjab Sangeet Natak Akademi & Haryana Kala Parishad, Chandigarh.

designed by the director himself, today's performance for its high level of theatre craft and experimental design came out to be an impressive as well as entertaining affair. The team of Natraj Natya Kunj also felicitated Padmashri Balwant Thakur on the occasion.

"Theatre Carnival", a six-day drama festival was inaugurated by the chief guest Padmashri Balwant Thakur, at the Abhinav Theatre, here today. The festival opened with Manch Rangmanch Amritsar's nationally acclaimed Play Dushman. Directed by Kewal Dhaliwal, the play is based on famous Norwegian writer Henrik Ibsen's original drama named 'An enemy of The People'. Adapted,

wells and springs tested by a Denmark laboratory, the results of which show that the water is polluted and can cause and spread disease. He requests his mayor brother to stop further export of the same till it is purified again and the source of pollution removed but he does not bother about public health. He does not stop exporting polluted water, but on the contrary proves that his scientist brother Dr. Suraj is the enemy of the people, and calls for his social boycott. Today's production having the distinct stamp of a seasonal theatre director Kewal Dhaliwal's eclectic theatre language that was marked with an amalgam of elements of unique Theatrical Movements, rhythmic groupings with a creative selection of background score. Gurtaj Mann as Dr. Suraj impressed the most. Others who also gave notable performances included Rajbir Kaur as preeti, Mandeep Ghai as Roshni Sajjan Kohinoor as Karan, Aman Sher Singh as Mayor, Vikas Joshi as leader, Harpreet Singh as leader, Gurdipal Singh as Press reporter, Jashandeep as secretary and Rajinder Bulet as Fouji. The lights were done by Neeraj Kumar, music by Vishu Sharma play was written by Henrik Ibsen and Adapted Designed and Directed by Kewal Dhaliwal. Tomorrow, Ras Kala Manch Safidon, Haryana will present Ranjit kapur's Hindi play Chekhov Ki Duniya Directed by Ravi Mohan

Apni Party holds protest against retrieval of Stateland from poor people in Poonch

Retrieval of land will displace poor families: Shah Mohd Tantray



JJ NEWS SERVICE
POONCH, JAN 16: Apni Party leaders today protested against the anti-encroachment drive on the direction of the Govt to retrieve the stateland from the people.

The protest was led by District President, Poonch of Apni Party, Ex-MLA Shah Mohammed Tantray in which hundreds of Party workers participated to express anguish over the Govt directions. The meeting was presided over by Cap Balraj Datta (Shorya Chaker). Speaking on the

occasion, Shah Mohammed Tantray said that he welcomed the anti-encroachment drive against land grabbers who misused the powers and grabbed lands. "However, as Poonch is concerned, hundreds of marginalized sections of society, who were having no knowledge about revenue proceedings have been identified under anti-encroachment drives," he said. He further said that "Govt must differentiate grabbers and poor as the drive will affect the poor and marginalized section of society." As the issue will affect hundreds of people, he said that the Apni Party will not allow demolishing of even one house of poor. "Govt should restore Statehood and hold assembly elections to restore confidence of the people as the authorities are misusing their powers," he said. The Apni Party leaders submitted a memorandum with regard to the demands of the people to the DDC Poonch. Prominent among those who participated in the protest include Alhaj Bashir Khaki, Sr Surjan Singh, Cap Balraj Datta (Shorya Chaker), Sr Rajinder Singh, Prof Ragbir Singh, Ghulam Rasool Janab, Choudhary Javid, Choudhary Ghulam Din, BK Bali, Abdul Jabbar Tantray, Iqbal Tantray Rashid Sofi, Imran Khan and others.

BJP cadre should gear up for upcoming polls in J&K: Dr Parneesh

JI NEWS SERVICE
JAMMU, JAN 16: Dr Parneesh Mahajan, Convener Department of Training BJP J&K urged the party cadre to gear up for the upcoming polls referring to the statement of BJP National General Secretary (Org.) B.L. Santhosh in the Union Territory.

Dr Parneesh made it clear that to achieve desired results in the forthcoming poll be it Panchayat, Assembly or Parliamentary in J&K, the party cadre has to play a vital role. He categorically pinpointed the responsibility of ground level workers of the party claiming that their sincerity and dedication hold the key to victory of the party and any lethargy shown by these true soldiers of the party would prove detrimental.

The senior BJP leader said that the



Party cannot afford loss of a single seat therefore it is the time to gear up and give more than 100 percent to ensure majority in the upcoming polls and party's own chief minister. He said that the Union Government has accomplished a lot for the Union

Territory and its people therefore under no circumstances the poll outcome should be adverse rather it should be surprising for all the opposition parties in the region by ensuring that their leaders' bail bonds get forfeited. Dr Parneesh said that the Assembly poll in J&K is not like that of any other state because BJP's victory would decide the future of the region as the so-called Kashmiri centric parties and even the Congress and AAP could play spoilsport by undoing the good work done in the UT by the BJP Government and steering it back to a situation full of uncertainty and mayhem. He said that the responsibility of the party cadre is above all to ensure a double engine regime in J&K and for this focused attention is the need of the time.

Induction Programme for New Batch of M.Ed. Students at MIER College



JI NEWS SERVICE
JAMMU, JAN 16: MIER College of Education organized an induction and orientation programme for its new batch of M.Ed. students. Dr. Adit Gupta warmly welcomed the students to the MIER family and said that it is the first college in the private sector to start different programmes like B.Ed., B.A. Honours in different disciplines, M.Ed. and M.Ed. Special Education. He said the college organizes a plethora of activities and provides ample opportunities to transform students' personalities in the right direction. He said that the major focus areas of the programme are to develop

research skills, communication and questioning skills among students. He also encouraged students to work hard and use the college's resources to become effective teachers. Dr. Renu Gupta, Chairperson MIER, blessed the new students of the PG department and recalled her journey as an academician, researcher, and leader. She shared the three core values of the college, 'engage, empower, and excel' and stressed that one must be positive, a problem solver, have an open mind, and be transparent in educational process. She advised them

to put their 100% in the programme and gave valuable mantras required to build competencies to achieve their career aspirations. She stated that the new National Education Policy is designed to bring Research Skills to the students and wished them all the best in their learning endeavor.

Mrs. Rupa Gupta, Jt. Director MIER, shared with students that she is a proud alumna of the institution and said that students would be mastering the nuances of teaching in this program, developing new teaching pedagogies, and understanding the institutional culture. She advised the students to keep an open communication

with faculty, show mutual respect, and nurture positive and scientific thinking to face the vagaries of life.

A video of different centres, units and committee was also shown which was followed by a formal introduction of the faculty members. The orientation regarding course curriculum along with programme and course learning outcomes was given by the HoD and respective teachers. The deputy HoDPG Department, Dr. Nishita Rana oriented the students regarding their responsibilities, expectations, and code of conduct. A session on grievance and redressal mechanism, anti-ragging and committee against sexual harassment was conducted by Ms. Jasleen Mohial, Coordinator IQAC. Mr. Pranav Gandotra, Manager, HR trainings, and Mr. Rajan Slatthia, ICT In-charge, shared the digital initiatives at MIER College which include P360, College ERP, Google Classroom, Wi-Fi connectivity & LinkedIn. The programme ended with a guided tour of the college for the newly admitted students.

DAP holds a protest against land eviction order in Jammu



JI NEWS SERVICE
JAMMU, JAN 16: Hundreds of leaders and workers held a protest at Panama Chowk, Jammu against the land eviction order by the J&K UT government. Raising slogans 'Land Order Wapis Karo' 'Administration Hosh Mei Aao' against the order, the protesters marched to the Divisional Commissioner office and submitted the memorandum. General Secretary DAP R. S. Chib said that the party on the instructions of Chairman DAP Ghulam Nabi Azad held a peaceful protest against the land eviction order of government. He said the time has come to stand and fight for rights in Jammu and Kashmir. "The land under Roshni act was

allotted to people through the legislature of erstwhile Jammu and Kashmir state. It is unfortunate now those who were benefited from the scheme are forced to vacate the land, despite the matter is sub judice before the High Court & Supreme Court. He further said that the government cannot force the eviction of the people who have legally obtained the ownership of land, where shall they go in these harsh winters," he said.

He said the order of retrieving the state land and Khaichari and forcing the eviction of people by the end of this month is a brazen human rights violation.

"The order has created panic among thousands of

people. They fear becoming homeless and landless overnight with this order. It shall be revoked immediately," he said. Vice Chairman G. M. Saroori said that when Mr Ghulam Nabi Azad was the Chief Minister of Jammu and Kashmir he allotted the land to landless and homeless to empower them economically.

But the present dispensation seems hell bent to disempower people after snatching their resources. Provincial President Jugal Kishore said that "DAP stands with the people who are being victimized with this executive order. We will not accept it. Only the elected governments can decide the fate of people," he said. He said the agenda

of DAP is to empower the local people and we will continue our fight to seek the restoration of statehood, secure jobs and land rights. "We are not going to watch the sufferings of our people silently. We will raise the voice for them," he added. Among others who participated in the protest were Ex Minister Choudhary Garhu Ram, Gen Secretary Vinod Mishra, Ex MLC Naresh Gupta, Ex MLA Ashok Kumar, Ex Adv General & WFC member Aslam Goni, Chief Spokesperson Salman Nizami, P.R. Manhas Zonal President, Maheshwar Singh, Hira Lal Abrol, Arun Singh Raju, Prabha Salathia, Brij Mohan Sharma, Ashwani Khajuria, Gourav Chopra, Sobat Ali, Mehboob Azad, Farooq Shikari, Gurmeet Kaur, Ashwani Handa, Vishal Chopra, Santosh Magotra, Ashok Bhagat, Sunita Arora, Rajini Sharma, Priti Khajuria, Pritam Kotwal, Anoop Khajuria, Ashutosh Raina, Pinky Manhas, Nirmal Singh Mehta, Alyas Wani, Asghar Rasool, Nabeel Khalid, Shaheel Singh Bhagat, O.P. Bhagat, Jai Ram Bhagat, Shabir Khan, Fatima Shikari, Sheikh Shabir, Ramesh Parihar, Girdari Lal Bhav & others.

SC/ST/OBCs betrayed by ruling J&K UT Govt: JAC-RC

JI NEWS SERVICE
JAMMU, JAN 15: Socio religious groups, retired forum, youth & women wing of Joint Action Committee of Reserved Categories (JAC-RC) castigated both JKUT and Central Government for befooling SC/ST/OBCs of J&K on false promises of extending all the constitutional guarantees meant for their welfare in JKUT and in turn getting votes of these communities in 2014, and 2019 Parliamentary elections, as well as, ULB and Panchayat elections.



After stealing their votes on false promises, they threw SC/ST/OBCs away like paper napkins and thereafter used SC/ST/OBC leaders in various Manchus as Stooges to utter fake parrots the false narratives/lies and propagandas of all-around development of SC/ST/OBCs.

It looks as if the PM's Slogan of "Dhara 370 Kaa Khatama Jammu Kashmir Maine Ek Naya Itiha Likhyega", has completely failed.

They said that SC/ST/OBCs of J&K since 2015 are struggling hard to get extension of Mandal Commission Report to J&K, restoration of Reservation in Promotions, stopping official atrocities on employees of SC/ST/OBCs.

But instead of solving these issues, the BJP led LG's administration has diluted Reservation for these communities in direct recruitments, diluted ST constitutional position, neglected proper action in the cases of atrocities on SCs post abrogation, started snatching government allotted land to these communities in favour of so called corporatization and industrialization, and using SCSTOBCs leaders in BJP as puppets only. There is no

whereabouts of SC Component Plans and their implementation in JKUT after Art 370 abrogation.

Furthermore, BC Classes Commission was thrust upon SC/ST/OBCs, J&K Delimitation Commission Report was also thrust upon the people of J&K, outsiders have been encouraged to start their industry in J&K by allotment of land on nominal rates and ignoring J&K business community and so on. Even the visit of almost 300 MPs of various Parliamentary Committees, as claimed by the government, was focused on Kashmir & Leh, thereby, ignoring Jammu Division totally and photo sessions superseded real groundwork assessments and interacting with the masses and ground zero leaders. While further elaborating on the plights of SC/ST/OBCs of J&K, the members said that on one hand J&K bureaucracy is hell bent upon damaging the welfare schemes meant for SC/ST/OBCs in J&K by way of defying Presidential Order, STAY order, of Supreme Court of

India in matter of Reservation in promotions and on the other hands, there is no practical evidence of political action of extension of all Constitutional provisions to J&K on ground.

Prof. G.L. Thapa said that after sabotaging Reservation in Promotions, Reservation in Direct Recruitments have also been attacked by starting the reservation roster points afresh on the plea of EWS & Pahari reservation, thereby, finishing piled up backlog vacancies of SCSTs. During Governor/LGs rule, bureaucracy have turned out to be super bosses, which have been criticized by local BJP leadership also. He further added that the bureaucracy under LG went on defying even the Presidential Order of 1st March, 2019, wherein, the 77th Constitutional Amendment (1995) stands extended to JKUT. He said that the bureaucracy and the political dispensations in a very calculative manner are trying to finish off the reservation in employment and education.

DFSS hold massive protest rally, demands immediate removal of encroachment from state land



JI NEWS SERVICE
JAMMU, JAN 16: The Government of Union Territory of Jammu and Kashmir has issued directions to all the Deputy Commissioners to ensure 100% removal of encroachments from State land including Roshni and Kahcharai by the end of current month and submit

compliance report. Deputy Commissioners should constitute teams of Revenue officers for removal of the encroachments and personally monitor the drive and both the Divisional Commissioners should also monitor the drive on regular basis. The workers of DOGRA FRONT & SHIV SENA

under the leadership of President Mr ASHOK GUPTA took out a massive protest rally in Jammu city demanding immediate removal of encroachment from state land. The party workers raised the slogans "Bade Magarmachoo ka naam public karo" "Every landowner now

have computerized and easily accessible records to avail multiple benefits of the Government and the land which is encroached would not be mentioned in the land passbook.

The party president stated that land worth 25 crores has been acquired by an person on the VIR MARG near Residency Road Jammu and has only paid 7 crores for the land.

The previous government before the abrogation of article 370 gave away lands to their relatives at next to zero price by encroaching the state land which hampered the growth of the state and caused a huge gap between the rich and the poor which led to the disparity in the society.

Stop harassing people on name of eviction drive: Jan



JI NEWS SERVICE
JAMMU, JAN 16: J&K Youth National Conference today criticized the government over its eviction drive, asking Lt Governor Manoj Sinha to stop harassing general public in the garb of anti-encroachment drives.

Addressing media persons here today, Ajaz Jan, Provincial President Youth National Conference, Jammu termed the recent Govt order directing the Divisional Commissioners and Deputy Commissioners to get all the encroachments on State land removed by the 31st of January 2023 as a draconian order just to harass the general public. He said that the

present regime is the worst phase of misrule witnessed by the people of Jammu and Kashmir, which has plunged this sensitive region into unprecedented darkness.

The senior NC leader asserted that the proxy government of BJP in J&K has failed in every front which has worked to drown the people of this sensitive region in an ocean of miseries. He asserted that the present dispensation is pursuing anti-people policies and arbitrarily issuing orders one after the other to further its anti people agenda especially in Jammu and Kashmir. Jan asserted that majority of State land is being possessed by the poor and economically weaker

sections of the society and they are mainly using it for agricultural purposes or at the most for meager shelter. These people have no source of income except the meager returns from the agricultural activity on the land. He said that the protection and welfare of such people is the prime duty of the Government and as such dislodging such people from the State land would amount to gross injustice to them.

The former Legislator stated that there is uncertainty prevailing in the state and the youth is feeling cheated and betrayed by the policies of Bharatiya Janata Party. He said that the youth of J&K has feeling cheated due to hollow policies of BJP leadership after repealing of Art 370 from the state.

The senior NC leader warned the government to desist from harassing common and poor people and withdraw the aforesaid controversial order at the earliest failing which the Party has no option left to come on roads to save the people from the wrong policies of the government.

Among others who were present include Sandeep Singh Wazir Zonal President YNC, Tejinder Pal Singh District President YNC, Meed Choudhary, Jasim Malik, Jatinder Singh, Mudit Sharma and Prince.

Sanjay Raut to join ongoing Dharna of Kashmiri Hindus on Jan 19

Will also join BJK, meet with PoJK, Sikh representatives



JJ NEWS SERVICE
JAMMU, JAN 16: Shiv Sena Member Parliament Sanjay Raut will reach Jammu on Jan 19 on a three-day tour. During his three-day tour, Raut will meet Kashmiri Hindus who are in protest in support of their demand of relocation from Kashmir to Jammu region. Besides, the Member Parliament will also meet Bharat Jodo Yatra and also meet PoJK and Sikh representatives.

This was informed by Manish Sahni, President J&K Shiv Sena while talking to media persons here today.

Pertinent to mention that a Shiv Sena leaders headed by Manish Sahni joined the ongoing dharna of Kashmiri Hindu employees posted in Valley and

extended full support to the demand of relocation. Sahni reiterated the demand that government should come out of its obstinate attitude and provide relief to the protesting employees by transferring them to safer places. He said that fearing targeted killings, these employees have been on strike for the last 251 days demanding their transfer out of the valley. Instead of giving relief, the government is torturing them mentally and financially by stopping their salaries.

Sahni termed it unfortunate that the government is hell-bent on making Kashmiri Hindus scapegoats while the militant outfit 'The Resistance Front' (TRF) believed to be a part of Lashkar-e-Taiba,

is constantly threatening attacks with personal data of employees. Sahni informed that the Member Parliament Sanjay

'Bureaucracy' failed to deliver good governance in J&K: NDPI chief

JJ NEWS SERVICE

JAMMU, JAN 16: National Democratic Party Indian (NDPI) chief Rajesh Gupta addressing party functionaries and workers on Monday at NDPI office in Jammu said, "NDPI bring both regions (Jammu and Kashmir) together after politics came to a standstill and statehood of J&K was snatched... The two regions have the same demands - restoration of statehood, protection to land and jobs, and development."

"Elections must take place. Elections lead to the formation of people's Government and resolve their issues. A Lieutenant Governor cannot do that," he said. NDPI president further said, "In the absence of an elected government public issues remain unheard."

The administration has miserably failed to perform on the ground and the failure of bureaucracy in the delivery system has crumbled the entire system of good governance."

Raut is on a three-day visit to Jammu from January 19 as per the instructions of Party Chief Uddhav Saheb Thackeray. Along with participating in the demonstration, he will also join Bharat Jodo Yatra on January 20 and 21 in Jammu and then he will also meet Sikh representatives regarding PoJK and Minority Status and declaring Punjabi as official language in Jammu and Kashmir.

General Secretary Vikas Bakshi, GI Singh, Vice President Balwant Singh, Titu Sehgal, Rajesh Handa were present on the occasion.

Government must concede genuine demands of ReK Teachers : ABRSM

JJ NEWS SERVICE

JAMMU, JAN 16: Akhil Bhartiya Rashtriya Shakshik Mahasangh (ABRSM) has expressed serious concern on the miserable plight of Rehber-e-Khel teachers (REK).

The PM package employees and other Jammu-based Reserved Categories Employees working in Kashmir valley.

Addressing the teachers here today, National Auditor/ JKUT President ABRSM, Devraj Thakur said that highly qualified candidates were appointed as Rehber-e-Khel teachers in department of youth services and sports on a meagre salary with an assurance of regularisation of their services but it's unfortunate that these teachers are working on peanuts despite putting in their best to regulate sports activities throughout Jammu Kashmir now on roads since two months.

"The department of youth services and sports has recruited Rehber-e-Khel teachers in the year 2019 in different Schools of Jammu and Kashmir in order to uplift the youth service and sports department in Union Territory.



The probation period of the physical education teachers recruited Rehber-e-Khel Teacher has been kept for seven years" Thakur added.

"They were expecting regularisation, but were shocked when the government decided to unfreeze these posts for re-advertisement, Thakur said.

According to the policy the monthly honorarium was fixed Rs 3000 for the first two years and 4000 for three to seven years, which is very low from the basic pay.

It is really not possible in today's world to fulfil the daily basic needs of physical education teachers.

Thakur said that worstest condition of Rehber-e-Khel teachers are

unbearable and if it continues, most of these teachers will leave their jobs because they are not able to feed their families properly and better education to their wards is a distant dream. Thakur further added that it's because of the efforts put in by these Rehber-e-Khel teachers that the other wide defunct department of youth services and sports has made a remarkable progress and has brought laurels to the department.

ABRSM leader said that Rehber-e-Khel teachers are protesting for redressal of their demands for regularisation, enhancement in monthly salary and reduction in probationary period, but nobody is ready to listen their plight.

Thakur added that these teachers have received assurances from all quarters but nothing concrete has come out so far, with the result these highly literate and skilled teachers have been left to starvation which will be called bad kind of exploitation.

Urging upon the LG Administration to resolve the genuine issues of Rehber-e-Khel teachers at an earliest, so that they can get justice and secure their career.

Others who attended the meeting were Neeraj sharma vice president, Sanjay Sharma secretary, Mohan Singh Parihar, Dr Amrit, Sanjeev Dutta, Rajkumar, Yanzen Neema, sushil kumar, Dr Dharminder Shastri and others

Nalwa vows to take forward PM's idea of 'Ek Bharat Shresth Bharat'

Calls upon BJP cadres to strengthen party



JJ NEWS SERVICE
JAMMU, JAN 16: Vowing to take forward Prime Minister Narendra Modi's idea of 'Ek Bharat Shresth Bharat', J&K BJP Minority Morcha's president Ranjodh Singh Nalwa today called upon the party cadres to give their everything to strengthen the party at grass-roots level.

Addressing the J&K Executive Committee meeting of Minority

Morcha, he sought to push the PM's vision of 'Ek Bharat Shresth Bharat' and make it a sustained campaign. Nalwa, however, said to achieve this vision, India has to be first made 'Viksit Bharat' (developed nation) to lift its economy. "Modi has spoken about a unified glorified India and the India which has Unity in Diversity. We are only taking forward his ideas," he asserted.

He called upon the party workers to go for massive reach out programmes to apprise general masses of the policies, programmes & ideology of the party ahead of the assembly polls in J&K. "For BJP, nation is first," he said and added, "The great BJP leaders have sacrificed their personal comforts for the sake of the country. Now, this is our duty to carry forward this legacy with a great dignity," he said.

Nalwa called upon the gathering to keep those, who join the party for selfish interests, at an arm's length. "Only those, who want to serve people, should be welcome," he said. He also asked them to strictly adhere to discipline as "indiscipline becomes reason for downfall of individuals and organisations". "I expect you all to work with dedication and honesty," Nalwa asserted.

"BJP-led NDA government at the Centre has given J&K two AHIMS and upgraded the district hospitals. As part of the government efforts to further strengthen healthcare facilities in J&K, 11 more hospitals are being established in the UT," he said.

He also showered praises on the central government for its Ayushman Bharat Scheme & stores of generic medicines which provide generic medicines to people at very affordable prices.

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He also asked them to strictly adhere to discipline as "indiscipline becomes reason for downfall of individuals and organisations". "I expect you all to work with dedication and honesty," Nalwa asserted.

JJ NEWS SERVICE

JAMMU, JAN 16: Astera Aerospace, a full stack drone technology company, has received type certification for its indigenously designed and manufactured A200-XT drone from the Directorate General of Civil Aviation (DGCA). With this achievement, Astera has become the first company to have two DGCA certified drones that it can offer to its customers for a variety of applications including law enforcement, industrial security, infrastructure inspections, and agriculture and land surveys.

The A200-XT drone is a versatile drone with payloads that can be quickly swapped between a high-resolution high-zoom day camera, and a night-time thermal camera. With a compact and portable form factor and a flight time of up to 40 minutes, it can be used for defence and home-

land security ISR operations as well as industrial security and inspection applications.

The A200-XT drone comes with advanced features including 360-degree obstacle avoidance for flying in complex environments, dual GPS sensors for redundancy, tool-less setup, and automated operations from take-off to landing. Speaking on this achievement, Neel Mehta, Co-founder and Director of Astera Aerospace Limited,

said, "This milestone is testimony to our commitment for developing fully compliant, reliable and indigenous drones for the Indian market. The certification is a seal of trust in our A200-XT drone product from the DGCA for fulfilling all the design, manufacturing, quality control, and operational requirements under the Drones Rules 2021. We will continue to develop innovative drone products which can help our cus-

tomers in efficient, safe, and compliant business operations."

About Astera Aerospace Limited Astera Aerospace Ltd is a full-stack drone technology company providing actionable intelligence from aerial data. Astera develops deeply customized drone solutions for government and enterprise customers using its in-house hardware design, software development, and manufacturing capabilities.

NOTICE

I, Parshotam Kumar S/o Girdhari Lal R/O H.no.284, L.no.22, Jawahar Nagar, New Plot, Jammu have Purchased vehicle bearing registration no. JK02BH-0544, from Gulzar Ahmed S/o Mohd Mir R/O 333 Housing Colony, Jammu. Now I, am applying for transfer if any objection may be conveyed to concern authority within seven days from this publication.

NOTICE

I Areeba Aijaz Aijaz Ahmed Gujri R/O Mustafa Abad Zainakote Srinagar Want to correct name of my father which has been wrongly entered in my 10th Class marksheet as Aijaz Ahmed Kalla the correct name of my father is Aijaz Ahmed Gujri. Now I applying for the correction of the same above said.

Rajeev Sharma, Anuradha Charak listen to the public grievances

JJ NEWS SERVICE
JAMMU, JAN 16: Rajeev Sharma, former MLA accompanied by Anuradha Charak, J&K BJP Vice-President listened to the public grievances at BJP headquarter, Trikuta Nagar, Jammu.

Large number of people, individually as well in the form of deputations, visited the BJP office to discuss their respective issues with the senior party leaders. Various issues represented contained matters of individual concerns as well as development oriented related to their respective areas.

Besides various personal issues, other main issues presented related to PHE, PDD, roads, lanes, drains etc.

Rajeev Sharma listened



to all the individuals and the deputations patiently and immediately took up the matters with the concerned departmental officials telephonically as well as issued letters for the others.

Talking to the concerned authorities, they pressed

for the prompt redressal of the issues.

Speaking on the occasion, Rajeev Sharma said that the BJP as a political party is always striving to reach out to the masses, to know their issues and sort them.

He said that this griev-

ances camp is proving beneficial for them, as it has opened up a way of communicating their grievances at the right platform.

Anuradha Charak noted down all the issues reported by the visiting people and channelized the proceedings of the meeting.

CANCELLATION/DIVERSION/REGULATION OF TRAINS DUE TO TRAFFIC BLOCK

It is notified for the information of railway passengers that Railways will undertake the New Electronic Interlocking and Yard Remodelling work at Sanehalw station. As a result following trains will be affected as under:-

| CANCELLATION OF TRAINS | | |
|---|---|--|
| Train No. & Train Name | Date of Cancellation (from originating station) | |
| 04503/04504 Ambala Cantt-Ludhiana-Ambala Cantt Special | Upto 30.01.2023 | |
| 04591/04592 Ludhiana -Chhreharta-Ludhiana Special | Upto 30.01.2023 | |
| 04579 Ambala Cantt. - Ludhiana Special | Upto 30.01.2023 | |
| 04582 Ludhiana - Ambala Cantt Special | Upto 30.01.2023 | |
| 04690/04689 Jalandhar City-Ambala Cantt-Jalandhar City Spl. | Upto 30.01.2023 | |
| 12497/12498 New Delhi-Amritsar-New Delhi Shan-e-Punjab Exp. | Upto 24.01.2023 | |
| 22429/22430 Delhi - Patnankot-Delhi Express | 24.01.2023 | |
| 04651 Jaynagar-Amritsar Special | 17.01., 20.01., 22.01., & 24.01.23 | |
| 04652 Amritsar - Jaynagar Special | 18.01., 20.01., 22.01. & 25.01.23 | |
| 04653 New Jalpaiguri-Amritsar Special | 20.01.2023 | |
| 04654 Amritsar -New Jalpaiguri Special | 18.01.2023 | |
| 22445 Kanpur Central-Amritsar Express | 23.01.2023 | |
| 22446 Amritsar -Kanpur Central Express | 17.01.2023 & 24.01.2023 | |
| 14606 Jammu Tawi-Yog Nagari Rishikesh Express | 22.01.2023 | |
| 14605 Yog Nagari Rishikesh -Jammu Tawi Express | 23.01.2023 | |

| DIVERSION OF TRAINS | | |
|---|------------------------------|-------------------------------|
| Train No. & Train Name | Diverter Route | Date from originating station |
| 14649 Jaynagar-Amritsar Saryu Yamuna Exp. | Via | 17.01.2023 & 24.01.2023 |
| 12549 Durg-Jammu Tawi Express | Ambala Cantt.- | 17.01.2023 & 24.01.2023 |
| 22705 Tinupati-Jammu Tawi Humsafar Exp. | Chandigarh-Sanehalw-Ludhiana | 17.01.2023 & 24.01.2023 |
| 12407 New Jalpaiguri-Amritsar Karmabhoomi Express | | 18.01.2023 |
| 20847 Durg-Udhampur Express | | 18.01.2023 & 25.01.2023 |
| 15708 Amritsar-Katihar Express | Via Ludhiana-Dhuri-Rajpura | 24.01.2023 |

| REGULATION OF TRAINS | |
|---|--|
| Train No. & Name | Regulation of Trains (from originating station) |
| 22125 Nagpur-Amritsar AC Superfast Exp. | Train will be Regulated for 60 min. from Nagpur Station on 21.01.2023 |
| 12920 Shri Mata Vaishno Devi Katra-Dr. Ambedkar Nagar Malwa Express | Train will be Regulated for 145 min. from Shri Mata Vaishno Devi Katra Station on 24.01.2023 |
| 12472 Shri Mata Vaishno Devi Katra-Bandra T. Swaraj Express | Train will be Regulated for 80 min. from Shri Mata Vaishno Devi Katra Station on 24.01.2023 |
| 12407 New Jalpaiguri-Amritsar Karmabhoomi Express | Train will be Regulated for 25 min. from New Jalpaiguri Station on 25.01.2023 |
| 14649 Jaynagar-Amritsar Saryu Yamuna Express | Train will be Regulated for 195 min. from JayNagar on 22.01.2023 |

RailMadad Helpline No. 139 Visit RailMadad website: www.railmadad.in, IndianRailways.gov.in Download RailMadad App Follow us on: NORTHERN RAILWAY Your Convenience - Our Concern

JKEDI celebrates National Startup Day

Handholding startups imperative for economic growth in J&K: Director JKEDI

JI NEWS SERVICE

JAMMU, JANUARY 16: To build a strong and inclusive ecosystem for innovation and celebrate the spirit of entrepreneurship in the Union Territory, Jammu and Kashmir Entrepreneurship Development Institute (JKEDI) today organized a day-long workshop to celebrate National Startup Day.

Director, JKEDI, Ajaz Ahmad Bhat inaugurated and presided over the event. Scores of aspiring entrepreneurs, students, startups, experts from industry and academia participated in the day long workshop. Seven years ago on January 16, 2016, the Indian startup ecosystem got a big policy push from the Government in the name of Startup India, with an aim to drive the economy to the next stage. It proved to be a new beginning with the day now marked as National Startup Day. This effort gave these new-age businesses a massive push, and since then startups have helped the country widen its footprint in the global landscape. Startups



have come up throughout the country even from places that have not traditionally been known for innovation. Most of them come from tier II and tier III cities. J&K is no exception and despite all odds these new age businesses have the potential to provide solutions even to the most critical problems of our society.

Ajaz Ahmad Bhat, Director JKEDI, in his inaugural address, elaborated on the importance of the day. "We are celebrating National Startup Day, the suc-

cesses of startups and validating their innovative efforts. Startup India is a flagship initiative of the Government, intended to catalyze startup culture and build a strong and inclusive ecosystem for innovation and entrepreneurship," he added.

He further added that JKEDI emphasizes innovation and technology-based solutions to deal with the challenges of the society. JKEDI has engaged the youth by organizing many hackathons and the Institute has received many innovative solutions in record

time. Keeping this in mind, the J & K Startup policy was rolled out in 2018 and JKEDI has been designated as a nodal agency for the implementation of this policy.

He elaborated on the features and benefits of this policy. He encouraged participants to be a part of this policy by providing suggestions. He promised them that every comment would be evaluated and the Institute would try to incorporate these suggestions into the policy. To give a fillip to the entrepreneurial ecosystem, JKEDI is coming up with programs and courses for school and college students. In future, full time professional programs will also be offered by the Institute. Experts from different sectors also spoke on the occasion. In the forenoon session, Dr Anil Gupta from Jammu University gave a detailed presentation on the power of value creation in business. Later in the day, Prof. Manoj Aggarwal from Indian Institute of Technology, Jammu informed the audience about various entrepreneurial

opportunities in Jammu and Kashmir. During the discussions, the audience actively participated and gave valuable suggestions. G. Velludurai, Joint Director, Ministry of Micro, Small and Medium Enterprises (MSME) also participated in the event and gave an overview of MSME and deliberated on the need for innovation to succeed in business. Leading industrialists of J&K, including Anil Suri and Bilal Kawoosa, also attended the event. Anil Suri shared his experience of being a successful entrepreneur. "One must be honest with themselves and identify their strengths and act accordingly," he said. The event was coordinated by Vishal Ray, Faculty at JKEDI, and Imtiaz Ahad Malla, Associate Project Manager, JKEDI. In addition to the attendees at the Bari Brahmana Campus, faculty members of the Institute from the Pampore Campus, officials from district centers of JKEDI, startups, and students from across the UT joined the event virtually.

Secretary Health launches website for Ayushman Bharat Digital Mission

JI NEWS SERVICE

JAMMU, JANUARY 16: Secretary, Health and Medical Education, Bhpinder Kumar, today launched the website of Ayushman Bharat Digital Mission, J&K, during a one day workshop on ABDM held at GMC, Jammu.

The website shall provide seamless access to the citizens for being informed about various activities of ABDM besides creation of ABHA account and registration of Hospital Facility Registry (HFR) and Hospital Professional Registry (HPR). The portal shall also contain latest circulars, notices, orders and vacancies in the J&K ABDM mission.

Mission Director ABDM, Sanjiv M Gadkar, Additional Mission Director, Shaqat Khan besides senior officers of H&ME department were present on the occasion.

JNV Jammu-1 invites applications for admission Test to class VI

JI NEWS SERVICE

JAMMU, JANUARY 16: Online applications are invited for admission to class VI in Jawahar Navodaya Vidyalaya Jammu-1 through selection Test for the session 2023-24.

Interested candidates may apply online through Navodaya Vidyalaya Samiti, website <https://navodaya.gov.in/> who are studying in class V during the session 2022-23 in any Govt./Govt. recognized schools of District Jammu comprising Bhalwal, Gandhi Nagar, Kacchi Chawnti, Marh, Miran Sahib, R.S. Pura and Satwari blocks.

A candidate seeking admission must have been born between 01/05/2011 and 30/04/2013 (Both dates are inclusive).

The last date to apply online is January 31, 2023 and the test will be held on April 29, 2023.

For any further information or query aspirants can contact helpdesk No.9622188452, 7780865044, 9419132308 and 7006050278.

Attestation of Mutations: Special camps being held in Kishtwar, Matta, Hiydal and Lochkhazono Villages

JI NEWS SERVICE

JAMMU, JANUARY 16: Special camps are being held in Kishtwar, Matta, Hiydal and Lochkhazono Villages for the mutation of landholdings.

All the applicants of the villages (as stated in the subject), who have applied for attestation of the mutation through the online mode through the specified portal i.e. jrevenue.nic.in that various camps pertaining to the stated area are being held in your respective villages for the aforementioned purpose.

The camp for Village Kishtwar will be held at Tehsil Ktw, Headquarters on 17.1.2023 and camps for Village Matta, Hiydal and Lochkhazono will be held on 18.1.2023 at Tehsil Ktw, Headquarters.

DIPR condoles demise of Nazir Ahmad Shah, ex. official

JI NEWS SERVICE

SRINAGAR: Joint Directorate of Information Kashmir Division has expressed grief and sorrow over the sudden demise of Ex. Chauffeur Nazir Ahmad Shah, who breathed his last on Sunday, January 15.

In this connection, a condolence meeting was convened here under the chairmanship of Deputy Director Information (PR) Srinagar, Bilal Mukhtar wherein he lauded the role of the ex. Official of the department.

The Deputy Director in his address expressed deep sorrow and grief over the demise and offered sympathies with the bereaved family and prayed for eternal peace to the departed soul. Assistant Director, Mohammad Aslam Khan, besides, other officers and officials of the department also offered condolence to the bereaved family and prayed for peace to the departed soul. The Assistant Director threw light on his contributions in the department and his hardworking nature and never say die attitude.

ADC Doda reviews Republic Day 2023 arrangements



JI NEWS SERVICE

DODA, JANUARY 16: Additional Deputy Commissioner (ADC) Doda, Dr. Ravi Kumar Bharti today chaired a meeting to review the arrangements for the celebration of Republic Day- 2023, here at the conference hall of the DC office.

The meeting was informed that the main function would be held at Sport Stadium. The function will start with the Shretnai Wadan at 7.30 AM in the morning by the District Information Centre, Doda.

It was also given out that contingents of JKP, JKAP, CRPF, Forest Protection Force, NCC Senior and Junior Division and various government and private schools shall participate in the event.

The ADC directed all the departments to make the assigned arrangements and submit the list of participants to the designated Committee well in time.

The departments were asked to replace the National Flags with new Tricolours at their offices by duly following Flag Code. ADC also directed to illuminate all the government offices across the district with Tricolour lights from 24th of January to 27th of January.

It was informed that a committee constituted under the headship of ADDC Doda shall screen the cultural activities at the venue of the program.

The arrangements for drinking water facility, power supply, parking, first aid, sanitation, security, Public Address System, Fire tenders, preparation of tableaus, seating arrangements besides arrangements for Memento and refreshments were also discussed.

The meeting was attended by SP Operations Doda Raj Kumar, Abdul Qayoom; ADC, PO ICDS, Shahida Parveen; ACD, Phulaid Singh; SE PMGSY; CMO; CEO; CAO; CHO; DIO Doda; DYSSO Doda; other district officers of all line Departments and Executive Engineers of PWD, PDD and PHE.

BSE starts 50 hour training for unemployed youth at Doda

DC URGES YOUTH TO BUILD CONFIDENCE, SKILLS TO FACE LIFE CHALLENGES

JI NEWS SERVICE

DODA, JANUARY 16: The Bombay Stock Exchange Institute, in association with the District Administration Doda, and department of Labour and Employment today started a 50 hour training programme under Mission Youth J&K for imparting training to unemployed youth in Banking, Insurance and Mutual Funds.

Deputy Commissioner, Vishesh Paul Mahajan inaugurated the training programme in presence of the ADDC, Pran Singh; Deputy Director, Employment, District & Counselling Centre Idrees



Lone; DIO DIPR, Doda Mohd Ashraf Wani, faculty members and participants (trainees) from across the district.

Exhorting the educated youth to avail the opportunity and prove their potential, the DC asked the trainees to use the opportunity to groom their abilities to become employers to provide

youth in non-conventional economic sectors like Banking, Insurance, and Financial Services having high employability potential.

Deputy Director Employment, while giving a brief account of the training programme, informed that the 50 hour training was being conducted from tomorrow at Government Degree College Doda. "More than 50 unemployed youth have registered themselves on the first day today," he informed and added that the training was being imparted to unemployed youth under Mission Youth initiative of J&K UT Government.

Speaking on the occasion, the ADDC said that the training programme shall upgrade the skills of

DC Rajouri reviews functioning of Revenue Department



JI NEWS SERVICE

RAJOURI, JANUARY 16: Deputy Commissioner Rajouri, Vikas Kunal today took a thorough review of the functioning of the Revenue Department here in a meeting attended by, accompanied by Assistant Commissioner

Revenue Imran Kataria and other officers. A comprehensive discussion was held regarding the implementation of online services, progress of delineation of Gair Mumkin Khads, physical eviction of State/Common/ Kacharie/Roshni land, details of

Revenue Court cases, attestation of pending Mutations, utilization of funds under District Capex, digitalization of land records, progress in cadastral maps and progress under Land Passbooks and Pending Land Acquisition cases and

other defence land issues.

The DC directed Revenue Officers to remain available and accessible to the public in the office, especially during winter months and also mandated Biometric/Aadhar-based office attendance. He emphasized that public services and grievances redressal should be the department's top priority, and instructed the officers to resolve all pending grievances posted on different portals at the earliest.

Director Horticulture Jammu reviews developmental works in Panchayat Lower Narayna, Khour

JI NEWS SERVICE

JAMMU, JANUARY 16: Director Horticulture Jammu, Ram Savak, who is also Prabhari of Panchayat Lower Narayna of block Khour, today chaired a meeting to review the implementation of decisions taken in the Back 2 Village 4 programme wherein the representatives of various departments besides Sarpanch and Panches of the Panchayat participated.

During the meeting, a road map was prepared for the developmental works to be undertaken for the overall development of the Panchayat.

On the occasion, the Department of Horticulture Jammu organised a one day farmers' awareness cum training programme on Canning and



Processing of Fruits at panchayat of Director Horticulture Kot Maira upper under the chairmanship of Director Horticulture Jammu.

Chief Horticulture Officer Jammu S. Sarbjeet Singh, Chief Canning & Processing Instructor, Gul Sayeed, DL Subject Matter Specialist, Sandeep Gupta, MCC, Vinod Wanchoo, HDO, Amit Saraf besides Sarpanches, Panches, women entrepreneurs and farmers participated in the programme.

While addressing the farmers of the area, Director briefed the farmers about various Centrally and UT sponsored schemes of the department in detail and urged them to avail incentives under different schemes of the department.

He impressed upon the trainees to associate with the Horticulture Department and form Self Help Groups (SHGs) for setting up of

small fruit and vegetables processing units. He assured that the department will help them in setting up of Micro Food Processing units under the PMFME scheme, a landmark initiative of Atma Nirbhar Bharat Abhiyan for the value addition of fruit products which will not only provide employment opportunities to the beneficiaries, but will also make them self reliant and benefit them in playing an important role in enhancing the family income. Earlier, during the programme, the Department provided an on spot training for the processing and preservation of fruits and vegetables to convert it into value added products such as Jam, Pickle, Preserve, Candy, Sauces, Squash,

etc. The women entrepreneurs showed keen interest in the training programme and learned the methods of processing and preservation of fruits and vegetables. Rajni Devi and Sharda Devi, Sarpanches of Panchayat Kot Maira upper & Lower Narayna respectively were also present in the Awareness cum Training Programme. The Director also planted a sapling of Litchi plant for starting compact plantation in farmers' field at village troli, covering an area of 60 kanals. Later, the Director distributed certificates to the 40 numbers of trainees who participated in the "One Month Training Programme on Fruit and Vegetables Preservation" held at village Akhnoor.